ALL SHAQ CARES ASSESSMENT SCALES AND QUESTIONS
(WITH COMPLETE SCORING INFORMATION)

SHAQ = SUCCESS AND HAPPINESS ATTRIBUTES QUESTIONNAIRE
CARES = Computer Assessment and Recommendation Expert System
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Also see Appendices:
APPENDIX A: SCORING OF SHAQ HQ SCORE
APPENDIX B: SCALE SPSS SYMBOLS AND BASIC INFORMATION
APPENDIX C: SINGLE-RESPONSE QUESTIONS WITH SPSS DATA VARIABLE SYMBOLS

IMPORTANT NOTE:
ALL USERS WHO TAKE THE ONLINE VERSION OF SHAQ RECEIVER A COMPLETE SET OF SCALE, SUBSCALE, AND ALL QUESTION SCORES THAT CAN BE SAVED. (SHAQ is free to all users)

NOTES FOR RESEARCHERS:
1. **The latest version of SHAQ is 2 files (runSHAQ.exe and runSHAQ.exe.lwheap) that can be downloaded and run on any Windows computer.**
2. **Have users/subjects complete SHAQ and save the results (SHAQ prompts for a filename for saving). All scales are scored, so only the scale and subscale results need be entered into any SPSS or other statistical package for analysis. This saves a great deal of time for users and researchers.**
3. **If you have a large-scale research project and would like to receive your SHAQ data in either a text or SPSS file ready for analysis, please contact Dr. Stevens.**

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>>>>> THE HAPPINESS QUOTIENT (HQ) SCORE <<<<<

All users Average-Mean Score = 100, StandardDeviation (SD) = 10

HQ MEANING and IMPORTANCE
   Your results are based upon the data analysis of hundreds of persons who have completed SHAQ. Your HQ score is calculated from a composite score from SHAQ scales. The SHAQ scales had moderate to high positive correlations with almost all outcome measures. SHAQ's subscales had surprisingly high multiple correlations with the emotional outcomes; with Overall Happiness, R = .865, R Square = .749; with Low Depression, R = .730, R Square = .533; with Low Anxiety R = .675, R Square = .426; with Low Anger-Aggression, R = .701, R Square = .491.
   The SHAQ scales together are very good at summarizing the factors that correlate with happiness. Though we cannot say for sure that these SHAQ variables cause overall happiness, you can see that it might be a very good idea to try to maximize these factors within yourself if you want to maximize your happiness in your future. Note that these factors are all primarily determined our previous learning and we can change them by new learning.

HOW YOUR HQ SCORE COMPARES TO OTHERS' HQ SCORES
   We used IQ (Intelligence Quotient) as our model for computing your .score. The following list shows first an HQ score then a percentile. For example an HQ score of 112 would be about the 80th percentile. That means that about 80% of all people completing SHAQ scored below 112.
   HQ Score = Percentile
   125 = 99%; 116 = 95%; 112 = 90%; 108 = 80%; 105 = 70%; 103 = 60%; 100 = 50%; 97 = 40%; 95 = 30%; 92 = 20%; 88 = 10%
   By Quartiles: 125 = 99%; 107 = 75%; 100 = 50%; 93 = 25%

ALL SCALES, SUBSCALES, AND QUESTIONS

Each SHAQ CATEGORY (which includes several scales/subscales) subsection contains each of the following:
    1. MAIN SCALE RESULTS In part 2 each scale is listed with all it's subscales (if any) and all its questions. (Scale questions divided and listed under each subscale section).
    2. SUBSCALE RESULTS. Many main scales have been subdivided further into subscales which provide you with more detailed information about yourself related to the larger, more general category represented by the main scale. The scores are presented the same way the scale scores are.

      UNDERSTANDING YOUR SCALE and SUBSCALE SCORES: Each scale/subscale includes the following:
     * SCALE NAME AND SCALE DESCRIPTION. Often correlations with happiness or other outcomes are given. Correlations range from 0.0 to 1.000; 0.3 to 0.4 are good, 0.4 to 0.6 very good, above 0.6 unusually high for this type of research. (Statistical note: all quoted correlations are significant at the p < .001 level and sample N > 1500.)
     * YOUR DATA. Your RELATIVE SCORE ranges from 0.0 to 1.000. Normally the higher the score, the better. The SD (standard deviation) is a measure of how much variation you had among the scale items. For example, if you answered all the questions the same, the standard deviation would be about 0.0, meaning no variation/deviation at all.
     * GRAPHIC SCORE LINE: A graph line is drawn that reflects your relative score (see #2). Normally, the LONGER THE GRAPH, THE BETTER THE SCORE.
     * COMPARISON TO OTHERS' RESULTS. Where possible, each scale also includes the Mean and Standard Deviation (SD) of all (3400) users in our research sample.

    3. QUESTIONS EVERY SCALE QUESTION is presented. If the main scale has subscales, the questions are listed under the appropriate subscale. The main scale includes all the questions of its' subscales. Individual question includes every question. They are grouped by the scale of which they are members. Questions that are not part of any scale are listed separately, and questions that are part of more than one scale are listed under each scale. Each question lists essentially the same information listed above under the scales (except SD). Each question result includes the following:
     * The EXACT QUESTION
     * NORMAL OR REVERSED QUESTION. Relative-scores are generally scored so that a higher score is more desirable. For example, suppose a question read, "I read poorly." and you answered "I strongly agree." Instead of giving a high relative score of 1.0 for the answer, SHAQ REVERSES the scoring so that the relative score would be a very low score. A note indicates when an item was a reverse-scored question.

  * TO LEARN MORE ABOUT SUCCESS OUTCOMES OR THE SHAQ RESEARCH, GO TO: http://www.csulb.edu/stevens/h10conclusions.htm
[Note: Correlations were included only when moderate and statistically significant, (normally p < .001). SHAQ research included over 3400 people of a wide variety of ages, occupations, locations, religions, etc.]

ITEM SCORING (All scored items are given RELATIVE SCORES—not absolute scores, due to the fact that many have a varying number of answers on a presumed somewhat linear scale.) Therefore all item scores range from 0 to 1.00.
All scored items are scored according the following formula:
    1. FOR NORMALLY SCORED (NON-REVERSED) ITEMS:
    RELATIVE-ITEM-SCORE = ITEM-SCORE / NUMBER-OF-ITEM-ANSWERS
    (Eg. If a user scored 6 on an item with 9 alternatives, the relative-item-score would be 6/9 = 0.667).
    2. FOR REVERSE SCORED ITEMS:
    ITEM-SCORE = NUMBER-OF-ITEM-ANSWERS - ITEM (In above eg. 9 – 6 = 3 is the item-score)
    RELATIVE-ITEM-SCORE = Same as above. (eg. 3 / 9 = 0.333)

    (Note: Can calculate the Reverse relative-item-score = 1.000 / relative-item-score)

SCALE AND SUBSCALE SCORING:
IMPORTANT:
    1. ALL SCALES ARE SCORED POSITIVELY—NONE IN REVERSE. Only items are scored in reverse.

2. Generally, it is assumed that the higher the score, the more functional, skilled, or positive the attribute. For example the depression scale is named "Low depression" to indicate that a high score means low depression (generally assumed to be more desireable and functional that high depression).
3. ALL SCALES ARE GIVEN RELATIVE SCORES—NONE ABSOLUTE SCORES.
4. Therefore all scale scores range from 0 to 1.000.

ALL SCALES ARE SCORED BY THE FOLLOWING FORMULA:
   RELATIVE-SCALE-SCORE = SUM-OF-ITEM-RELATIVE-SCORES / NUMBER-OF-ITEMS
Example: Scale XX has 5 items. The item-relative-scores are 0.500 1.000 0.200 0.667 0.500
   Scale XX Relative-scale-score = (0.500 + 1.000 + 0.200 + 0.600 + 0.500) / 5 = 0.56

SUBSCALE SCORING
1. Scales with subscales are scored the same as those without subscales. They are the sum of all item-relative-scores divided by the total number of scale items. The scale scores are NOT calculated from the subscale scores.
2. Subscales are scored exactly as scales are scored (above).
   RELATIVE-SUBSCALE-SCORE = SUM-OF-ITEM-RELATIVE-SCORES / NUMBER-OF-ITEMS

 >>>>>>>>>>>>>>>>>>>>>>>> BIO CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<<<<

 ====> SCALE: "Academic Achievement Scale"   [NUMBER OF QUESTIONS: 3]
 SCALE DESCRIPTION: Based upon combination of completed education level and Grade Point AverageNIL

   ============================== SCALE QUESTIONS ==============================
 >>>>>>>>>>>   QUESTIONS FOR SCALE: "Academic Achievement"

 >> QUESTION: 1. "Your Highest Education Completed:
NUMBER-OF-ITEM-ANSWERS: 8
   -- ----
 >> QUESTION: 2. "Your high school grade average?
NUMBER-OF-ITEM-ANSWERS: 14

 >> QUESTION: 3. "Your overall college grade average?
NUMBER-OF-ITEM-ANSWERS: 14
   INSTRUCTIONS: NIL"
>>>>>>>>>>>>>>>>> VALUES-THEMES CATEGORY SCALES <<<<<<<<<<<<<<<<<<<<<<

 ====> SCALE: "sT1: Higher Self and IntegrityValues-Beliefs Scale"   [NUMBER OF QUESTIONS: 10]
   All Users Average/Mean Score: .749 All Users SD: .140
   SCALE DESCRIPTION: Values self happiness, integrity, development, learning, discipline, self-sufficiency, independence, balance, and strong philosophy of life. This scale correlated .380 with overall happiness, .166 with low depression, .137 with low anxiety,.327 with low anger/aggression, .327 with the health scale, and .351 with overall relationship success, (10 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Ch3 Higher Self)(http://www.csulb.edu/~tstevens/h3hiself.htm)

   ============================== SCALE QUESTION RESULTS ==============================
 >>>>>>>>>>>   QUESTIONS FOR SCALE: "sT1: Higher Self and IntegrityValues-Beliefs"

 >> QUESTION: 1. "LEARNING: Learning, self-development, and growing to be the best I can be.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

 >> QUESTION: 2. "SELF-HAPPINESS: Living the happiest life I can.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

 >> QUESTION: 3. "INDEPENDENCE: Being independent, and living according to my own values and dreams.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 4. "HEALTH: Having an exceptionally healthy body and living to be 100--by exceptional nutrition, exercise, no use of drugs or smoking, etc.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
 NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 5. "BALANCE: Having balance in my life--even at the cost of not achieving as much in my career or any other area.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 6. "COMPETENCE: Being the best I can be and achieving the most competence I can at whatever I do.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 7. "INTEGRITY: Having integrity; pursuing my own values, beliefs, and goals above what others think; being honest with myself and others; etc.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 8. "PERSONAL PHILOSOPHY: Developing a positive, well thought out personal belief system and living according to those beliefs.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 9. "SELF-SUFFICIENCY (autonomy, independence, environment-transcending, taking care of oneself, separateness, living by own laws).
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 10. "SELF-DISCIPLINE, self-control, control over one's own thoughts, emotions, and actions to be consistent with one's highest values and goals.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

   >>>>>>>>>>>>>>>>>>>>>>>>>>>>> VALUES-THEMES CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<

   ====> SCALE: "Non-Family, Social-Intimacy Values Scale"   [NUMBER OF QUESTIONS: 6]
    All Users Average/Mean Score: .735 All Users SD: .145
    SCALE DESCRIPTION: Values intimacy, romance and being liked, respected, and supported. This scale correlated .256 with overall happiness, .251 with low anger/aggression, .279 with the health scale, and .357 with overall relationship success,(6 items)
    INFORMATION AND LINKS, GO TO WEB PAGE: (Clarify Life Goals-Values)(http://www.csulb.edu/~tstevens/life_goals_and_meaning.htm)

   ============================= SCALE QUESTION RESULTS =============================
   >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Non-Family, Social-Intimacy Values"

>> QUESTION: 1. "LOVE-ROMANCE: Having a wonderful, romantic marriage/relationship.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 2. "PLEASING: Pleasing others, avoiding conflict, keeping relationships pleasant.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 7. "RESPECT: Being highly respected by others, and being seen as an important, successful, and/or good person by others.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 4. "INTIMACY: Having a few extremely close and long-term relationships.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"

NUMBER-OF-ITEM-ANSWERS: 10

 >> QUESTION: 5. "WELL-LIKED: Being well liked by everyone. Having many friends and networking with many others.
    INSTRUCTIONS: HOW IMPORTANT is this is to you?"
   YOUR ANSWER: The most important thing in my life
NUMBER-OF-ITEM-ANSWERS: 10

 >> QUESTION: 6. "EMOTIONAL SUPPORT: Having people in my life to support me if I'm upset or having a problem.
    INSTRUCTIONS: HOW IMPORTANT is this is to you?"
   NUMBER-OF-ITEM-ANSWERS: 10

   >>>>>>>>>>>>>>>>>>>>>>> VALUES-THEMES CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<

   ====> SCALE: "Family Values Scale"   [NUMBER OF QUESTIONS: 3]
      All Users Average/Mean Score: .701 All Users SD: .172
     SCALE DESCRIPTION: Care-giving. This scale correlated .406 with overall happiness, .154 with low depression, .110
with low anxiety,.217 with low anger/aggression, .294 with the health scale, and .426 with overall relationship success, (3
items)
     INFORMATION AND LINKS, GO TO WEB PAGE: (Clarify Life Goals-
Values)(http://www.csulb.edu/~tstevens/life_goals_and_meaning.htm)

   ============================== SCALE QUESTION RESULTS ==============================
   >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Family Values"

 >> QUESTION: 1. "CARE-GIVING: Be a good parent, or take care of others in need.
    INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

 >> QUESTION: 2. "PARENTAL LOVE and RESPECT: Being respected and loved by my parent(s) or other authorities.
    INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

 >> QUESTION: 3. "FAMILY: Family members and family matters, events, traditions, etc.
    INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

   >>>>>>>>>>>>>>>>>>>>>>> VALUES-THEMES CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<

   ====> SCALE: "Achievement, Status, Material-Wellbeing Values Scale"   [NUMBER OF QUESTIONS: 9]
     All Users Average/Mean Score: .615 All Users SD: .148
     SCALE DESCRIPTION: Values success, education, high income and possessions, respect, status, being a CEO, and
completing important goals. This scale correlated .295 with overall happiness, .136 with low depression, .096 with low
anxiety,.138 with low anger/aggression, .303 with the health scale, and .298 with overall relationship success,(8 items)
     INFORMATION AND LINKS, GO TO WEB PAGE: (Clarify Life Goals-
Values)(http://www.csulb.edu/~tstevens/life_goals_and_meaning.htm)

   ============================== SCALE QUESTION RESULTS ==============================
   >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Achievement, Status, Material-Wellbeing Values"

 >> QUESTION: 1. "EDUCATION: Earning at least a bachelor's or higher degree--preferably a master's or doctorate and
making top grades.
    INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

 >> QUESTION: 2. "INCOME: Making a lot of money, preferably becoming a millionaire, or multimillionaire.
    INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

 >> QUESTION: 3. "POSSESSIONS: Having top quality (expensive) possessions--home, car, electronics, jewelry, etc.
    INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 4. "SUCCESS: Being extremely successful in my career--rising to the top in it.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 5. "POWER: Being president, CEO, owner, etc. of an important organization OR having a great amount
of influence or control over others.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 6. "COMPLETION and ACHIEVEMENT: Accomplish all my important goals.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 7. "RESPECT: Being highly respected by others, and being seen as an important, successful, and/or
good person by others.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 8. "Being the best at whatever I do (example: making top grades). Achieving more than most other
people.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 9. "RECOGNITION: Having respect, recognition, status, position, and/or other signs of success.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

   >>>>>>>>>>>>>>>>>>>>>>>>>> VALUES-THEMES CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<<

   ====> SCALE: "Idealistic, Mental, Order, Aesthetic Values Scale"   [NUMBER OF QUESTIONS: 8]
   All Users Average/Mean Score: .649 All Users SD: .142
   SCALE DESCRIPTION: Values goodness, beauty, idealism, orderliness, perfection, organization, justice, simplicity,
cleanliness, wholeness. This scale correlated .310 with overall happiness, .102 with low depression, .214 with low
anger/aggression, .278 with the health scale, and .338 with overall relationship success, (7 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Clarify Life Goals-
Values)(http://www.csulb.edu/~tstevens/life_goals_and_meaning.htm)

   ============================== SCALE QUESTION RESULTS ==============================
   >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Idealistic, Mental, Order, Aesthetic Values"

>> QUESTION: 1. "ORDERLINESS: Having good organization or logical order, being systematic, etc.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
   NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 2. "PLEASING: Pleasing others, avoiding conflict, keeping relationships pleasant.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 3. "PERFECTION and idealism for self, others, nature.
   INSTRUCTIONS: NIL"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 4. "JUSTICE (fairness, getting what one has earned or deserved).
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 5. "SIMPLICITY.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 6. "BEAUTY of all types in all things.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"

NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 7. "GOODNESS and functionality (versus dysfunctional, evil, or harmful).
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 8. "WHOLENESS (unity, integration, organization, simplicity, etc.).
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

  >>>>>>>>>>>>>>>>>>>>>>>>> VALUES-THEMES CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "God, Spiritual Intimacy Values Scale"   [NUMBER OF QUESTIONS: 4]
   All Users Average/Mean Score: .555 All Users SD: .240
   SCALE DESCRIPTION: Values spiritual intimacy, God, religion, obedience to God. This scale correlated .302 with
overall happiness, .126 with low depression, .137 with low anxiety,.103 with low anger/aggression, .224 with the health
scale, and .269 with overall relationship success, (4 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Clarify Life Goals-
Values)(http://www.csulb.edu/~tstevens/life_goals_and_meaning.htm)

  ============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "God, Spiritual Intimacy Values"

>> QUESTION: 1. "OBEDIENCE: Obeying God and living according to His commands and rules.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
  YOUR ANSWER: The most important thing in my life
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 2. "SPIRITUAL INTIMACY: Having a very close relationship with God.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 3. "GOD and/or SPIRITUALITY: A rich spiritual life that is the center of my life.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 4. "RELIGION and the church or religious group to which I belong.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

  >>>>>>>>>>>>>>>>>>>>>>> VALUES-THEMES CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Contribution, Impact Values Scale"   [NUMBER OF QUESTIONS: 7]
   All Users Average/Mean Score: .672 All Users SD: .150
   SCALE DESCRIPTION: Values giving, impact on world, mental challenge, exploration, uniqueness, and diversity. This
scale correlated .347 with overall happiness, .136 with low depression, .133 with low anxiety,.296 with low
anger/aggression, .277 with the health scale, and .326 with overall relationship success, (6 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Clarify Life Goals-
Values)(http://www.csulb.edu/~tstevens/life_goals_and_meaning.htm)
   SUGGESTIONS: Changing long-established, top values is not easy. If you want to change some of these values, you
can start with the help-links below.

  ============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Contribution, Impact Values"

>> QUESTION: 1. "GIVING: Contributing to others' health/happiness and making the world a better place.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 2. "IMPACT: Having a major impact on changing the world to make it a better place.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 3. "CREATION: Creating something that I feel is a major contribution (e.g. invention, bridge, book, house, work of art, etc.).
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 4. "MENTAL CHALLENGE: Be mentally challenged with difficult and/or creative mental tasks.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 5. "EXPLORATION: Exploring the unknown, seeking the answers to mysteries.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 6. "UNIQUENESS and DIVERSITY (idiosyncrasy, individuality, variety, novelty).
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 7. "CREATIVENESS: Producing new, original ideas, art, objects, actions, etc.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

  >>>>>>>>>>>>>>>>>>>>>>>>> VALUES-THEMES CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Adventure, Play Values Scale"   [NUMBER OF QUESTIONS: 4]
    All Users Average/Mean Score: 100 All Users SD: 10
    SCALE DESCRIPTION: Values adventure, play, attention, fun, effortlessness. This scale correlated .311 with overall happiness, .106 with low depression, .101 with low anxiety,.192 with low anger/aggression, .247 with the health scale, and .335 with overall relationship success, (4 items)
    INFORMATION AND LINKS, GO TO WEB PAGE: (Clarify Life Goals-
Values)(http://www.csulb.edu/~tstevens/life_goals_and_meaning.htm)
    SUGGESTIONS: Changing long-established, top values is not easy. If you want to change some of these values, you can start with the help-links below.

     ============================= SCALE QUESTION RESULTS =============================
  >>>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Adventure, Play Values"

>> QUESTION: 1. "ATTENTION: Being the center of attention, entertaining others, or performing in front of groups.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 2. "ADVENTURE: Having a life of adventure and excitement with many new experiences.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 3. "EFFORTLESSNESS (ease, grace, beautifully functioning).
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 4. "FUN and PLAYFULNESS (fun, joy, amusement, humor).
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

  >>>>>>>>>>>>>>>>>>>>>>> VALUES-THEMES CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Unconditional Love Values Scale"   [NUMBER OF QUESTIONS: 4]
    All Users Average/Mean Score: .560 All Users SD: .208
    SCALE DESCRIPTION: Unconditional valuing of self and others--A key HQ scale. This scale correlated .461 with overall happiness, .276 with low depression, .209 with low anxiety,.311 with low anger/aggression, .232 with the health scale, and .336 with overall relationship success, (2 items)
    INFORMATION AND LINKS, GO TO WEB PAGE: (Clarify Life Goals-
Values)(http://www.csulb.edu/~tstevens/life_goals_and_meaning.htm)

============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Unconditional Love Values"

 >> QUESTION: 10. "I value all people unconditionally just because they are human. Attributes such as background, ethnicity, social group, income, accomplishments, and even their personality or morality aren't relevant to their basic value as humans.
   INSTRUCTIONS: To what degree do you believe the following."
NUMBER-OF-ITEM-ANSWERS: 10

 >> QUESTION: 11. "I could love myself and value my own happiness unconditionally no matter what mistakes or bad things I may do.
   INSTRUCTIONS: To what degree do you believe the following."
NUMBER-OF-ITEM-ANSWERS: 10

 >> QUESTION: 9. "There are one or more aspects (or parts) of myself that I have a hard time accepting or do not like.
   INSTRUCTIONS: To what degree do you believe the following."
NUMBER-OF-ITEM-ANSWERS: 10

 >> QUESTION: 4. "UNCONDITIONAL LOVE: Unconditionally loving myself and everyone in the world.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

  >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>> VALUES-THEMES CATEGORY SCALE
<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Overcoming Personal Problems Values Scale"   [NUMBER OF QUESTIONS: 2]
   All Users Average/Mean Score: .585 All Users SD: .106
   SCALE DESCRIPTION: Values overcoming problems, self-protection, and personal healing. This scale correlated .185 with overall happiness, .135 with low anger/aggression, .168 with the health scale, and .209 with overall relationship success, (2 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Clarify Life Goals-
Values)(http://www.csulb.edu/~tstevens/life_goals_and_meaning.htm)

  ============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Overcoming Personal Problems Values"

 >> QUESTION: 1. "SELF-PROTECTION: Protecting myself from others and the harm they have done to me or may do to me.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

 >> QUESTION: 2. "PERSONAL HEALING: Overcoming past family or personal problems that have hurt me in the past.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

  >>>>>>>>>>>>>>>>>>>>>>>>> VALUES-THEMES CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Duty, Obligation Values Scale"   [NUMBER OF QUESTIONS: 2]
   All Users Average/Mean Score: 582 All Users SD: .177
   SCALE DESCRIPTION: Values duty, obligation, and punctuality. This scale correlated .265 with overall happiness, .097 with low depression, .155 with low anger/aggression, .264 with the health scale, and .264 with overall relationship success, (2 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Clarify Life Goals-
Values)(http://www.csulb.edu/~tstevens/life_goals_and_meaning.htm)

  ============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Duty, Obligation Values"

 >> QUESTION: 1. "PUNCTUALITY: Being on time, timeliness.
   INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

>> QUESTION: 2. "DUTY and OBLIGATION, obeying the rules and expectations of one's family or group--even if it goes against one's own happiness.
  INSTRUCTIONS: HOW IMPORTANT is this is to you?"
NUMBER-OF-ITEM-ANSWERS: 10

  >>>>>>>>>>>>>>>>>>>>>>>> BELIEFS CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Positive World View Scale"   [NUMBER OF QUESTIONS: 11]
    All Users Average/Mean Score: .624 All Users SD: .153
    SCALE DESCRIPTION: Optimism about the future of the world and own life, lack of entitlement thinking, plus daily positive versus negative thoughts. How constructively and positively you view the world and the future can significantly affect motivation, relationships, happiness, and success in most life areas.
     Living life with a sense of gratitude (versus a sense of entitlement and deprivation) may be one of the most important factors for
    happiness. It correlates .687 with happiness, .528 with low depression, .375 with low anxiety, .235 with
    low anger/aggression, .384 with relationship success, .233 with positive health outcomes. (10 items)
    INFORMATION AND LINKS, GO TO WEB PAGE: (Ch4 Positive World
View)(http://www.csulb.edu/~tstevens/h4world.htm)

        ******************************** SUBSCALE of SCALE: "Positive World View" **

  >>>>>>> SUBSCALE: "Grateful Abundance Beliefs"   [NUMBER OF QUESTIONS: 3]

    All Users Average/Mean Score: .668 All Users SD: .198
    SUBSCALE DESCRIPTION: High gratitude for life and whatever one has; high proportion of positive thoughts. (5 items). Had best correlation with overall happiness of any scale (0.722). Also correlated 0.574 with low depression, 0.445 with low anxiety, and 0.356 with low anger/aggression.

    INFORMATION AND LINKS, GO TO WEB PAGE: (Abundance vs Deficit Motivation Ch4 Positive World View Stream of Positive/Negative Thoughts)(http://www.csulb.edu/~tstevens/h44defic.htm http://www.csulb.edu/~tstevens/h4world.htm http://www.csulb.edu/~tstevens/h45strea.htm)

        ========================= SUBSCALE QUESTIONS =======================

     ==> QUESTIONS FOR SUBSCALE: Grateful Abundance Beliefs
          (SUBSCALE OF SCALE: Positive World View)

>> QUESTION: 8. "I am grateful for the gift of life. I was given the gift of life and the opportunity to create a happy life for myself. I did not earn or deserve life or this opportunity--so I will not complain about not having what others do or not getting what I want or need.
  INSTRUCTIONS: To what degree do you believe the following."

>> QUESTION: 7. "I have all I need to be happy.
  INSTRUCTIONS: To what degree do you believe the following."

>> QUESTION: 10. "I am extremely grateful for having so much.
  INSTRUCTIONS: To what degree do you believe the following."

        ******************************* SUBSCALE of SCALE: "Positive World View" **

  >>>>>>> SUBSCALE: "Optimism" :   [NUMBER OF QUESTIONS: 4]
    SUBSCALE DESCRIPTION: Optimism about self and the world. Good forces in control. Optimism increases motivation, energy, and positive thoughts. (3 items). Correlated .543with happiness, .354 with low depression, .284 with low anxiety, and .265 with low anger/aggression.
    INFORMATION AND LINKS, GO TO WEB PAGE: (Ch4 Positive World
View)(http://www.csulb.edu/~tstevens/h4world.htm)

     ===================== SUBSCALE QUESTIONS =======================

     ==> QUESTIONS FOR SUBSCALE: Optimism

(SUBSCALE OF SCALE: Positive World View)

>> QUESTION: 1. "The world will gradually improve in most important respects (materially, socially, environmentally, spiritually, etc.).
   INSTRUCTIONS: To what degree do you believe the following."

>> QUESTION: 2. "The world is controlled by forces beneficial to humans (and me).
   INSTRUCTIONS: To what degree do you believe the following."

>> QUESTION: 3. "My life will generally improve.
   INSTRUCTIONS: To what degree do you believe the following."

>> QUESTION: 11. "Percent of the time you have positive thoughts VERSUS negative thoughts.
   INSTRUCTIONS: Percent of the time that you do the following."

**************************** SUBSCALE of SCALE: "Positive World View" **

>>>>>>> SUBSCALE: "No Entitlment Beliefs" :   [NUMBER OF QUESTIONS: 4]
   All Users Average/Mean Score: .496 All Users SD: .208
   SUBSCALE DESCRIPTION: Not believing that person owed either the basic necessities or a high standard of living. Don't feel entitled to anything in life. Belief all we receive is a bonus.. (2 items). Correlated .157 with happiness, 164, with low depression,.185 with low anxiety, and .266 with low anger/aggression.
   INFORMATION AND LINKS, GO TO WEB PAGE: (Abundance vs Deficit Motivation)(http://www.csulb.edu/~tstevens/h44defic.htm)

   =============================== SUBSCALE QUESTIONS ========================

    ==> QUESTIONS FOR SUBSCALE: No Entitlment Beliefs
          (SUBSCALE OF SCALE: Positive World View)

>> QUESTION: 5. "I am entitled to a good life, and people I care for should try to help meet my needs.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

>> QUESTION: 4. "Life has been extremely unfair to me.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

>> QUESTION: 6. "Someone has injured me so much that it has ruined my life.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

>> QUESTION: 9. "I am entitled to the basic necessities of life such as good health care, good income, people caring for me, etc.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

>>>>>>>>>>>>>>>>>>>>>>> BELIEFS CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<

====> SCALE: "Unconditional Worth of Self and Others Scale"   [NUMBER OF QUESTIONS: 11]
   All Users Average/Mean Score: .595 All Users SD: .126
   SCALE DESCRIPTION: A key HQ scale. Degree to which one accepts/values all parts of one's self and others not contingent on others' individual characteristics or behaviors. Unconditionally valuing yourself and others means that an important part of a person's worth is not dependent upon their success, income, appearance, personality, ethnic group, morality, or any other quality. Self-worth is the unconditional aspect of self-esteem. It differs from self-confidence which is the aspect conditional upon success or other factors. It correlates .391 with overall happiness, .283 with low depression, .260 with low anxiety,.300 with low anger/aggression.
   INFORMATION AND LINKS, GO TO WEB PAGE: (Ch5 Self-Worth)(http://www.csulb.edu/~tstevens/h5self.htm)

************************** SUBSCALE of SCALE: "Unconditional Worth of Self and Others" ********************

>>>>>> SUBSCALE: "Unconditional Self-Worth"
   All Users Average/Mean Score: .655 All Users SD: 165
   SUBSCALE DESCRIPTION: Self-worth based upon being human and internal qualities--not based upon being liked, strong, the best, living by the rules, being a winner, or any other conditional or external factor. (6 items).

   INFORMATION AND LINKS, GO TO WEB PAGE: (Ch5 Self-Worth)(http://www.csulb.edu/~tstevens/h5self.htm)

   ============================= SUBSCALE QUESTIONS =======================

     ==> QUESTIONS FOR SUBSCALE: Unconditional Self-Worth
           (SUBSCALE OF SCALE: Unconditional Worth of Self and Others)

 >> QUESTION: 1. "I should always put other people's needs before my own.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

 >> QUESTION: 2. "I should be loved or liked by everyone I meet.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

 >> QUESTION: 3. "I am weak and dependent on strong people for my happiness.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

 >> QUESTION: 4. "I must be the best at everything I do.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

 >> QUESTION: 5. "We must run our lives by rules, and people who break those rules must be severely punished or we will have chaos.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

 >> QUESTION: 6. "There are winners and losers. If you are not strong and take advantage of others before they take advantage of you and you will be a loser.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

     ************************** SUBSCALE of SCALE: "Unconditional Worth of Self and Others"
****

   >>>>>> SUBSCALE: "Balanced Love-Happiness Priorities"
   SCALE SCORE==> 1.000 of possible 1.0:   [NUMBER OF QUESTIONS: 4]
   SUBSCALE DESCRIPTION: Value love and happiness for self and all others, gratitude, and make decisions to maximize happiness balancing it across time and people.(5 items). Correlated .567 with happiness, .328, with low depression,.247 with low anxiety, and .360 with low anger/aggression.

   INFORMATION AND LINKS, GO TO WEB PAGE: (Ch1 Happiness Ch5 Self-Worth)(http://www.csulb.edu/~tstevens/h1hap.htm http://www.csulb.edu/~tstevens/h5self.htm)

   ============================= SUBSCALE QUESTIONS =======================

     ==> QUESTIONS FOR SUBSCALE: Balanced Love-Happiness Priorities
           (SUBSCALE OF SCALE: Unconditional Worth of Self and Others)

 >> QUESTION: 7. "I try to properly balance present with future happiness and balance my own with others' happiness--a key to inner harmony.
   INSTRUCTIONS: To what degree do you believe the following."

 >> QUESTION: 8. "For every decision I make--especially big ones--I attempt to estimate which alternative will lead to the greatest happiness and choose that alternative.
   INSTRUCTIONS: To what degree do you believe the following."

>> QUESTION: 8. "I am grateful for the gift of life. I was given the gift of life and the opportunity to create a happy life for myself. I did not earn or deserve life or this opportunity--so I will not complain about not having what others do or not getting what I want or need.
   INSTRUCTIONS: To what degree do you believe the following."

>> QUESTION: 10. "I value all people unconditionally just because they are human. Attributes such as background, ethnicity, social group, income, accomplishments, and even their personality or morality aren't relevant to their basic value as humans.
   INSTRUCTIONS: To what degree do you believe the following."

>> QUESTION: 11. "I could love myself and value my own happiness unconditionally no matter what mistakes or bad things I may do.
   INSTRUCTIONS: To what degree do you believe the following."

   *************************** SUBSCALE of SCALE: "Unconditional Worth of Self and Others" ***********************

  >>>>>>> SUBSCALE: "Self-Acceptance"
   All Users Average/Mean Score: .343 All Users SD: .216
   SUBSCALE DESCRIPTION: Accepting and valuing all parts of oneself including dysfunctional parts and parts not consistent with overall self-image, values, etc. even though may be trying to change them. Not anger at self parts or repression of them.(1 item).

   INFORMATION AND LINKS, GO TO WEB PAGE: (Accepting ALL of Yourself Source of Inner Guidance Self-Exploration)(http://www.csulb.edu/~tstevens/h53accep.htm http://www.csulb.edu/~tstevens/h32decis.htm http://www.csulb.edu/~tstevens/h23explo.htm)

   ============================== SUBSCALE QUESTIONS ========================

     ==> QUESTIONS FOR SUBSCALE: Self-Acceptance
         (SUBSCALE OF SCALE: Unconditional Worth of Self and Others)

>> QUESTION: 9. "There are one or more aspects (or parts) of myself that I have a hard time accepting or do not like.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

  >>>>>>>>>>>>>>>>>>>>>>>>>>>>> BELIEFS CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Internal vs External Control (I-E) Beliefs Scale"   [NUMBER OF QUESTIONS: 7]
   All Users Average/Mean Score: 616 All Users SD: .162
   SCALE DESCRIPTION: Degree of self-sufficiency and responsibility one takes for his/her own life, health, and happiness without undue influence from others. More internal direction, planning, and self-control versus influence by others or external forces. Internal control correlates .357 with overall happiness, .366 with low depression, .393 with low anxiety, .255 with low anger/aggression.
     Believing that you are in control of your own emotions, behavior, likes and dislikes, and your life increases internal control. Making your own decisions and plans and giving adequate priority to your own needs also helps. (7 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Ch6 Internal Control)(http://www.csulb.edu/~tstevens/h6intern.htm)

   *************************** SUBSCALE of SCALE: "Internal vs External Control (I-E) Beliefs" *********************

  >>>>>>> SUBSCALE: "Relationship Autonomy" "   [NUMBER OF QUESTIONS: 3]
   All Users Average/Mean Score: .702 All Users SD: .211
   SUBSCALE DESCRIPTION: Autonomy, independence from being controlled by others. Belief in taking care of self, controlling own happiness, not dependent upon one person (3 items). Correlated .553 with happiness, .438, with low depression,.434 with low anxiety, and .367 with low anger/aggression.

   INFORMATION AND LINKS, GO TO WEB PAGE: (Ch6 Internal Control)(http://www.csulb.edu/~tstevens/h6intern.htm)

   ============================== SUBSCALE QUESTIONS ========================

     ==> QUESTIONS FOR SUBSCALE: Relationship Autonomy

(SUBSCALE OF SCALE: Internal vs External Control (I-E) Beliefs)

>> QUESTION: 1. "I am extremely good at taking care of myself and any problems I might run into.
    INSTRUCTIONS: To what degree do you believe the following:"

>> QUESTION: 2. "Relative to outside forces like destiny, other people, luck, fate, God, government, organizations, and anything else, I am the one who has by far the greatest amount of control over my own life and happiness.
    INSTRUCTIONS: To what degree do you believe the following:"
SCORED-REVERSE

>> QUESTION: 5. "I am very dependent upon someone (parent, spouse, etc.) to support or take care of me (emotionally, financially, socially, etc.).
    INSTRUCTIONS: To what degree do you believe the following:"
SCORED-REVERSE

        *************************** SUBSCALE of SCALE: "Internal vs External Control (I-E) Beliefs" ************************

  >>>>>>> SUBSCALE: "Not Codependent" [NUMBER OF QUESTIONS: 2]
    All Users Average/Mean Score: .538 All Users SD: .238
    SUBSCALE DESCRIPTION: Not codependent or taken advantage of by others you help. Not care for others and neglect self or give too much more than others do for you. (3 items)Correlated .213 with happiness, .230, with low depression,.283 with low anxiety, and .243 with low anger/aggression.
    INFORMATION AND LINKS, GO TO WEB PAGE: (Ch6 Internal Control)(http://www.csulb.edu/~tstevens/h6intern.htm)

        ============================== SUBSCALE QUESTIONS ========================

    ==> QUESTIONS FOR SUBSCALE: Not Codependent
            (SUBSCALE OF SCALE: Internal vs External Control (I-E) Beliefs)

>> QUESTION: 6. "I worry more about caring for someone else's needs or feelings than my own (e.g. family member(s), lover, friend(s), etc.).
    INSTRUCTIONS: To what degree do you believe the following:"
SCORED-REVERSE

>> QUESTION: 7. "I worry a great deal about taking care of someone with a serious problem (e.g. illness, an addiction, a psychological disorder, etc.
    INSTRUCTIONS: To what degree do you believe the following:"
SCORED-REVERSE

        ****************** SUBSCALE of SCALE: "Internal vs External Control (I-E) Beliefs" **************************

  >>>>>>> SUBSCALE: "Control Own Emotions Beliefs" :   [NUMBER OF QUESTIONS: 2]
    All Users Average/Mean Score: .565 All Users SD: .214
    SUBSCALE DESCRIPTION: Belief that person has primary/direct control of own happiness and other emotions--not controlled by primarily heredity, environment, or others (2 Items).
    INFORMATION AND LINKS, GO TO WEB PAGE: (Ch2 Happiness
Routes)(http://www.csulb.edu/~tstevens/h2choose.htm)

        ============================== SUBSCALE QUESTIONS ========================

    ==> QUESTIONS FOR SUBSCALE: Control Own Emotions Beliefs
            (SUBSCALE OF SCALE: Internal vs External Control (I-E) Beliefs)

>> QUESTION: 4. "People in my life are primarily responsible for my personality and my emotional reactions.
    INSTRUCTIONS: To what degree do you believe the following:"
SCORED-REVERSE

>> QUESTION: 3. "Genetics and my biology are primarily responsible for my personality and my emotional reactions.
    INSTRUCTIONS: To what degree do you believe the following:"
SCORED-REVERSE

  >>>>>>>>>>>>>>>>>>>>>>>> BELIEFS CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<

====> SCALE: "Absolute-Grounded, Integrated Ethics Scale"   [NUMBER OF QUESTIONS: 14]
   All Users Average/Mean Score: 0.62 All Users SD: 0.112
   SCALE DESCRIPTION: Ethics philosophers and religions agree on many general principles. It is generally agreed that better ethics are based more on absolute principles and wholes such as humanity, nature, or God rather than on more specific or situational aspects such as self, family, or any group. An ethical system that judges people more on their inner qualities and assumes some basic inner goodness and inherent value in all people. It includes questions about astrology (very much frowned upon by philosophers, scientists, and religion) and life after death (a common belief). Many people base their ethics on the rewards they expect after death. (14 items). This scale correlated 0.459 with overall happiness, 0.306 with low depression, 0.336 with low anxiety, and 0.463 with low anger/aggression.
   INFORMATION AND LINKS, GO TO WEB PAGE: (Clarify Life Goals-Values)(http://www.csulb.edu/~tstevens/life_goals_and_meaning.htm)

      *************************** SUBSCALE of SCALE: "Absolute-Grounded, Integrated Ethics" ***************************

  >>>>>>> SUBSCALE: "Abstract Absolutes-Grounded Ethics" :   [NUMBER OF QUESTIONS: 4]
    All Users Average/Mean Score: .672 All Users SD: .150
   SUBSCALE DESCRIPTION: Ethics based upon abstract absolutes versus relativism. Philosophical beliefs guide daily life. Believe we are ethically responsible even if bad genes or environment. Science/reason alone not enough to guide ethics. (4 items). Correlated .346 with happiness, .266, with low depression,.294 with low anxiety, and .373 with low anger/aggression.
   INFORMATION AND LINKS, GO TO WEB PAGE: (Clarify Life Goals-Values Ch3 Higher Self Ultimate Concerns/Top Goals)(http://www.csulb.edu/~tstevens/life_goals_and_meaning.htm http://www.csulb.edu/~tstevens/h3hiself.htm http://www.csulb.edu/~tstevens/h13topgo.htm)

      ============================== SUBSCALE QUESTIONS ========================

    ==> QUESTIONS FOR SUBSCALE: Abstract Absolutes-Grounded Ethics
         (SUBSCALE OF SCALE: Absolute-Grounded, Integrated Ethics)

 >> QUESTION: 1. "There is no 'absolute' right and wrong or good or bad--it depends upon factors like your point of view, the situation, or one's cultural background.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

 >> QUESTION: 3. "If a person has a bad environment and/or genetics, they aren't really responsible for what they do.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

 >> QUESTION: 9. "If society would base everything upon reason and science, we would have nothing to worry about.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

 >> QUESTION: 14. "Despite some doubts, I have a set of strong core beliefs [about God, Nature, Humanity, Right and Wrong, Myself etc.] that I use daily to guide me in all aspects of life.
   INSTRUCTIONS: To what degree do you believe the following."

      *************************** SUBSCALE of SCALE: "Absolute-Grounded, Integrated Ethics" ***********************

  >>>>>>> SUBSCALE: "Forgiveness" [NUMBER OF QUESTIONS: 2]
    All Users Average/Mean Score: .751 All Users SD: .192
   SUBSCALE DESCRIPTION: Highly forgiving of others, egalitarian/democratic beliefs. Forgiveness based upon inner qualities not based upon good works. Not believe bad only happens to bad (2 items). Correlated .282 with happiness, .216, with low depression,.294 with low anxiety, and .378 with low anger/aggression.
   INFORMATION AND LINKS, GO TO WEB PAGE: (Accepting ALL of Yourself Self-Exploration Unconditional Self-Worth)(http://www.csulb.edu/~tstevens/h53accep.htm http://www.csulb.edu/~tstevens/h23explo.htm http://www.csulb.edu/~tstevens/h51worth.htm)

      ============================== SUBSCALE QUESTIONS ========================

    ==> QUESTIONS FOR SUBSCALE: Forgiveness
         (SUBSCALE OF SCALE: Absolute-Grounded, Integrated Ethics)

 >> QUESTION: 2. "We must run our lives by rules, and people who break those rules must be severely punished or we will have chaos.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

 >> QUESTION: 6. "People can only be completely forgiven and guilt-free if they are good enough (do enough of the right things).
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

    ************************** SUBSCALE of SCALE: "Absolute-Grounded, Integrated Ethics" ************************

  >>>>>>> SUBSCALE: "Identification With Humanity" [NUMBER OF QUESTIONS: 2]
    All Users Average/Mean Score: .412 All Users SD: .165
    SUBSCALE DESCRIPTION: Identify with abstract whole such as all humanity vs. a specific group (eg. family) or a specific role.(2 items). Correlated .258 with happiness and .214 with low anger/aggression.
   INFORMATION AND LINKS, GO TO WEB PAGE: (Ch3 Higher Self)(http://www.csulb.edu/~tstevens/h3hiself.htm)

    =============================== SUBSCALE QUESTIONS ========================

    ==> QUESTIONS FOR SUBSCALE: Identification With Humanity
          (SUBSCALE OF SCALE: Absolute-Grounded, Integrated Ethics)

 >> QUESTION: 11. "I identify with all humanity more than any single group.
   INSTRUCTIONS: To what degree do you believe the following."

 >> QUESTION: 13. "Being part of a progressive movement is more important to me than my family or any other group.
   INSTRUCTIONS: To what degree do you believe the following."

    ************************** SUBSCALE of SCALE: "Absolute-Grounded, Integrated Ethics" ***********************

  >>>>>>> SUBSCALE: "Abstract Principles-Entities Ethics" : [NUMBER OF QUESTIONS: 2]
    All Users Average/Mean Score: .624 All Users SD: .204
    SUBSCALE DESCRIPTION: Base meaning on abstract principles such as integrity, honesty, God, Nature, etc. instead of particular objects, events, or situational factors (eg. money, career, home, or other people). Correlated .256 with happiness, .225, with low depression,.264 with low anxiety, and .277 with low anger/aggression.
   INFORMATION AND LINKS, GO TO WEB PAGE: (Ultimate Concerns/Top Goals)(http://www.csulb.edu/~tstevens/h13topgo.htm)

    =============================== SUBSCALE QUESTIONS ========================

    ==> QUESTIONS FOR SUBSCALE: Abstract Principles-Entities Ethics
          (SUBSCALE OF SCALE: Absolute-Grounded, Integrated Ethics)

 >> QUESTION: 4. "One group in my life (such as my family, nation, culture, or religion) is so important that I would be almost nothing without them. Life wouldn't be worth living.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

 >> QUESTION: 5. "Life has no meaning in itself, any meaning must be supplied by the individual.
   INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE
    ************************** SUBSCALE of SCALE: "Absolute-Grounded, Integrated Ethics" ***************

  >>>>>>> SUBSCALE: "Inner Goodness In All" [NUMBER OF QUESTIONS: 2]
    All Users Average/Mean Score: .546 All Users SD: .182
    SUBSCALE DESCRIPTION: Belief in basic inner value and goodness in all people. Goodness depends more on attitude than behavior. (2 items). Correlated .327 with happiness and .226 with low anger/aggression.
   INFORMATION AND LINKS, GO TO WEB PAGE: (Unconditional Self-Worth)(http://www.csulb.edu/~tstevens/h51worth.htm)

============================== SUBSCALE QUESTIONS ========================

  ==> QUESTIONS FOR SUBSCALE: Inner Goodness In All
     (SUBSCALE OF SCALE: Absolute-Grounded, Integrated Ethics)

>> QUESTION: 7. "Goodness (or being forgiven) depends much more on attitude than good deeds.
  INSTRUCTIONS: To what degree do you believe the following."

>> QUESTION: 8. "There is a lot of good in all people no matter what they believe or have done.
  INSTRUCTIONS: To what degree do you believe the following."

*************************** SUBSCALE of SCALE: "Absolute-Grounded, Integrated Ethics" ***********************

 >>>>>>> SUBSCALE: "Not Astrology Belief" [NUMBER OF QUESTIONS: 1]
  All Users Average/Mean Score: .718 All Users SD: .242
  SUBSCALE DESCRIPTION: Does not believe in astrology
  INFORMATION AND LINKS, GO TO WEB PAGE: (How do we get self-confidence? Ch6 Internal
Control)(http://www.csulb.edu/~tstevens/h54confi.htm http://www.csulb.edu/~tstevens/h6intern.htm)

============================== SUBSCALE QUESTIONS ========================

  ==> QUESTIONS FOR SUBSCALE: Not Astrology Belief
     (SUBSCALE OF SCALE: Absolute-Grounded, Integrated Ethics)

>> QUESTION: 10. "I believe in phenomena like communicating with spirits of the deceased, seeing into the future, and
astrology.
  INSTRUCTIONS: To what degree do you believe the following."
SCORED-REVERSE

*************************** SUBSCALE of SCALE: "Absolute-Grounded, Integrated Ethics" ***********************

 >>>>>>> SUBSCALE: "Life After Death Belief" :   [NUMBER OF QUESTIONS: 1]
  All Users Average/Mean Score: .606 All Users SD: .270
  SUBSCALE DESCRIPTION: Belief in life after death. (1 item)

============================== SUBSCALE QUESTIONS ========================

  ==> QUESTIONS FOR SUBSCALE: Life After Death Belief
     (SUBSCALE OF SCALE: Absolute-Grounded, Integrated Ethics)

>> QUESTION: 12. "I believe in some form of life after death.
  INSTRUCTIONS: To what degree do you believe the following."

 >>>>>>>>>>>>>>>>>>>>> BELIEFS CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<

 ====> SCALE: "Low Greatest Fears Scale"   [NUMBER OF QUESTIONS: 12]
  All Users Average/Mean Score: .601 All Users SD: .174
  SCALE DESCRIPTION: A key HQ scale. Low degree of common major fears such as illness, poverty, death, failure,
rejection, and confidence in ability to overcome fears or circumstances. Fears are interesting to people per se. Your
greatest fears reflect your top values and goals in life and are related to your happiness and success. The underlying fear
is usually that one's greatest values/goals will be unsatisfied. Your underlying fears can be powerful sources of pain and
avoidance motivation. Underlying fears give your little jolts of fear or anxiety daily as you get a thought that is related to
them.
   Overcoming these underlying fears can help you be less fearful and anxious the rest of your life! This scale correlates
.462 with happiness, .417 with low depression, .375 with low anxiety, .241 with low anger/aggression. (12 items)
  INFORMATION AND LINKS, GO TO WEB PAGE: (Dealing With Worst
Fears)(http://www.csulb.edu/~tstevens/h43dark.htm)

*************************** SUBSCALE of SCALE: "Low Greatest Fears" ***************************************

>>>>>>> SUBSCALE: "Low Social Fears" : [NUMBER OF QUESTIONS: 4]
   All Users Average/Mean Score: .550 All Users SD: .229
   SUBSCALE DESCRIPTION: Low fear of being unwanted, alone, unloved, etc. (4 items). Correlated .492 with happiness, .444, with low depression,.366 with low anxiety, and .275 with low anger/aggression.
   INFORMATION AND LINKS, GO TO WEB PAGE: (Dealing With Worst Fears Lonely or Rejected? Ch6 Internal Control)(http://www.csulb.edu/~tstevens/h43dark.htm http://www.csulb.edu/~tstevens/c-rejct.htm http://www.csulb.edu/~tstevens/h6intern.htm)

   ============================== SUBSCALE QUESTIONS ========================

     ==> QUESTIONS FOR SUBSCALE: Low Social Fears
           (SUBSCALE OF SCALE: Low Greatest Fears)

>> QUESTION: 5. "Fear of being alone.
   INSTRUCTIONS: How much fear or anxiety do you have about. . ."
SCORED-REVERSE

>> QUESTION: 6. "Fear of not ever having a good marriage and/or family life.
   INSTRUCTIONS: How much fear or anxiety do you have about. . ."
 SCORED-REVERSE

>> QUESTION: 7. "Fear of not having close enough friends.
   INSTRUCTIONS: How much fear or anxiety do you have about. . ."
SCORED-REVERSE

>> QUESTION: 9. "Fear of never overcoming some personal, psychological, or other type of problem.
   INSTRUCTIONS: How much fear or anxiety do you have about. . ."
SCORED-REVERSE

     ************************** SUBSCALE of SCALE: "Low Greatest Fears" **

  >>>>>>> SUBSCALE: "Low Self-Related Fears" : [NUMBER OF QUESTIONS: 3]
   All Users Average/Mean Score: .625 All Users SD: .193
   SUBSCALE DESCRIPTION: Confidence can overcome worst fears/problems. Low fear of being overwhelmed by personal problems. (3 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Dealing With Worst Fears Ch5 Self-Worth Self-Exploration)(http://www.csulb.edu/~tstevens/h43dark.htm http://www.csulb.edu/~tstevens/h5self.htm http://www.csulb.edu/~tstevens/h23explo.htm)

   ============================== SUBSCALE QUESTIONS ========================

     ==> QUESTIONS FOR SUBSCALE: Low Self-Related Fears
           (SUBSCALE OF SCALE: Low Greatest Fears)

>> QUESTION: 8. "Fear of not becoming the kind of person you want to be.
   INSTRUCTIONS: How much fear or anxiety do you have about. . ."
SCORED-REVERSE

>> QUESTION: 10. "Fear that something about you will be discovered, punished, or made public.
   INSTRUCTIONS: How much fear or anxiety do you have about. . ."
SCORED-REVERSE

>> QUESTION: 12. "Degree of belief that even if your worst fear(s) happened, you could learn how to be happy.
   INSTRUCTIONS: How much fear or anxiety do you have about. . ."
SCORED-REVERSE

     ************************** SUBSCALE of SCALE: "Low Greatest Fears" **

  >>>>>>> SUBSCALE: "Low Failure-Poverty Fears" : [NUMBER OF QUESTIONS: 3]
   All Users Average/Mean Score: .576 All Users SD: .227
   SUBSCALE DESCRIPTION: Low fear of poverty, failure, lack of career success. (3 items)

INFORMATION AND LINKS, GO TO WEB PAGE: (Dealing With Worst Fears Self-Exploration Ch5 Self-Worth)(http://www.csulb.edu/~tstevens/h43dark.htm http://www.csulb.edu/~tstevens/h23explo.htm http://www.csulb.edu/~tstevens/h5self.htm)

============================== SUBSCALE QUESTIONS ========================

   ==> QUESTIONS FOR SUBSCALE: Low Failure-Poverty Fears
        (SUBSCALE OF SCALE: Low Greatest Fears)

 >> QUESTION: 1. "Fear of not getting a job or career you will be happy with.
   INSTRUCTIONS: How much fear or anxiety do you have about. . ."
SCORED-REVERSE

 >> QUESTION: 2. "Fear of not having enough income or money.
   INSTRUCTIONS: How much fear or anxiety do you have about. . ."
SCORED-REVERSE

 >> QUESTION: 11. "Fear of not obtaining the academic or career success you want.
   INSTRUCTIONS: How much fear or anxiety do you have about. . ."
SCORED-REVERSE

      ************************** SUBSCALE of SCALE: "Low Greatest Fears" **

  >>>>>>> SUBSCALE: "Low Illness or Death Fears" :   [NUMBER OF QUESTIONS: 2]
   All Users Average/Mean Score: .702 All Users SD: .236
   SUBSCALE DESCRIPTION: Low fear of illness or death. (2 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Dealing With Worst
Fears)(http://www.csulb.edu/~tstevens/h43dark.htm)

============================== SUBSCALE QUESTIONS ========================

   ==> QUESTIONS FOR SUBSCALE: Low Illness or Death Fears
        (SUBSCALE OF SCALE: Low Greatest Fears)

 >> QUESTION: 3. "Fear of having a serious illness.
   INSTRUCTIONS: How much fear or anxiety do you have about. . ."
SCORED-REVERSE

 >> QUESTION: 4. "Fear of death.
   INSTRUCTIONS: How much fear or anxiety do you have about. . ."
SCORED-REVERSE

  >>>>>>>>>>>>>>>>>>>>> SKILLS-CONFIDENCE CATEGORY SCALE <<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Self-Confidence and Life Skill Areas Scale"   [NUMBER OF QUESTIONS: 41]
    All Users Average/Mean Score: .682 All Users SD: .143
   SCALE DESCRIPTION: A list of knowledge and skills areas was developed, and subjects were asked to rate their own confidence/skills for each area. The Self-Confidence scale measures the contingent, efficacy aspect of self-esteem. This scale has emerged as a separate factor from the other main scales in factor analytic studies. Your self-report ratings should reflect a combination of actual knowledge and skill and of confidence level. It is similar to the concept of self-efficacy.
    Your life skills and self-confidence can be powerful factors in your success and happiness in many life areas-- including your academic and career success. It correlated .629 with happiness, .421 with low depression, .351 with low anxiety, .186 with low anger/aggression,.367 with relationship success, .233 with positive health outcomes. (41 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (How do we get self-confidence?
)(http://www.csulb.edu/~tstevens/h54confi.htm)

      ************************** SUBSCALE of SCALE: "Self-Confidence and Life Skill Areas" ***********************

  >>>>>>> SUBSCALE: "Learning Confidence" :   [NUMBER OF QUESTIONS: 7]
   All Users Average/Mean Score: .801 All Users SD: .143

SUBSCALE DESCRIPTION: Confidence in own intelligence, learning, study skills, analytical thinking, synthesis, research methodology, computer-related, and critical thinking. (7 items)

INFORMATION AND LINKS, GO TO WEB PAGE: (Learning-Study Skills Better Memory-Understanding)(http://www.csulb.edu/~tstevens/learning_&_study_skills.htm http://www.csulb.edu/~tstevens/LEARN.htm)

============================== SUBSCALE QUESTIONS ========================

==> QUESTIONS FOR SUBSCALE: Learning Confidence
(SUBSCALE OF SCALE: Self-Confidence and Life Skill Areas)

>> QUESTION: 1. "Learning and study skills
INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 2. "Critical thinking and logic--ability to examine statements critically and think logically
INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 3. "Research and methodology
INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 4. "Analytical thinking--ability to conceptually break wholes into component parts
INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."
-- -
>> QUESTION: 5. "Synthesis--ability to put confusing pieces together into meaningful wholes
INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 7. "Computer-related skills
INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 19. "Overall intelligence (IQ)
INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

*************************** SUBSCALE of SCALE: "Self-Confidence and Life Skill Areas"***************************

>>>>>>> SUBSCALE: "Achievement Confidence" :   [NUMBER OF QUESTIONS: 6]
All Users Average/Mean Score: .623 All Users SD: .201
SUBSCALE DESCRIPTION: Confidence/skills of optimistic-assertive engagement for both people and nonpeople tasks. Achievement motivation, work habits, emotional control, optimism, self-disclosure, and caring conflict resolution. (6 items)

INFORMATION AND LINKS, GO TO WEB PAGE: (Managing Time-Self Concentration Conflict Resolution)(http://www.csulb.edu/~tstevens/patsm96.htm http://www.csulb.edu/~tstevens/concentration.htm http://www.csulb.edu/~tstevens/h-app-e-InterpersonalSkills.htm)

============================== SUBSCALE QUESTIONS ========================

==> QUESTIONS FOR SUBSCALE: Achievement Confidence
(SUBSCALE OF SCALE: Self-Confidence and Life Skill Areas)

>> QUESTION: 23. "Self-motivation--ability to motivate yourself to do unpleasant tasks even under adverse conditions
INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 22. "Emotional coping skills--ability to prevent and overcome negative emotions effectively
INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 30. "Self-disclosure--ability and practice of sharing openly innermost feelings and intimate information with close friends and family
----
>> QUESTION: 31. "Conflict resolution skills--ability to calmly and effectively resolve interpersonal conflict situations
INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 39. "Time management
INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 40. "Very caring, friendly, and outgoing person overall.
   INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

   *************************** SUBSCALE of SCALE: "Self-Confidence and Life Skill Areas" ************************

  >>>>>>> SUBSCALE: "Self-Management Confidence" : [NUMBER OF QUESTIONS: 7]
    All Users Average/Mean Score: .657 All Users SD: .191
    SUBSCALE DESCRIPTION: Confidence/skills in self control, self-discipline, and self-development. Good decision-
making and planning, time-management in all areas of self-development/change, finances, self-discipline, health, etc. (7
items).
    INFORMATION AND LINKS, GO TO WEB PAGE: (Time Management Problem-
Solving)(http://www.csulb.edu/~tstevens/time_management.htm http://www.csulb.edu/~tstevens/wsps.htm)

     ============================= SUBSCALE QUESTIONS ========================

     ==> QUESTIONS FOR SUBSCALE: Self-Management Confidence
          (SUBSCALE OF SCALE: Self-Confidence and Life Skill Areas)

 >> QUESTION: 20. "Life and career decision-making and planning
   INSTRUCTIONS: CONFIDENCE in your abililities, skills, knowledge, and motivation in this area."

 >> QUESTION: 21. "Time management
   INSTRUCTIONS: CONFIDENCE in your abililities, skills, knowledge, and motivation in this area."

 >> QUESTION: 24. "Self-disclosure--ability and practice of sharing openly innermost feelings and intimate information
with close friends and family
   INSTRUCTIONS: CONFIDENCE in your abililities, skills, knowledge, and motivation in this area."
 -- ---
 >> QUESTION: 25. "Task or achievement motivation and work habits--highly focused and productive work habits.
   INSTRUCTIONS: CONFIDENCE in your abililities, skills, knowledge, and motivation in this area."

 >> QUESTION: 26. "Managing finances and money
   INSTRUCTIONS: CONFIDENCE in your abililities, skills, knowledge, and motivation in this area."

 >> QUESTION: 27. "Health or Medicine
   INSTRUCTIONS: CONFIDENCE in your abililities, skills, knowledge, and motivation in this area."

 >> QUESTION: 41. "Very strong, independent, self-disciplined person overall.
   INSTRUCTIONS: CONFIDENCE in your abililities, skills, knowledge, and motivation in this area."

   *************************** SUBSCALE of SCALE: "Self-Confidence and Life Skill Areas" ************************

  >>>>>>> SUBSCALE: "Career-Related Interpersonal Confidence" : [NUMBER OF QUESTIONS: 7]
    All Users Average/Mean Score: .657 All Users SD: .188
    SUBSCALE DESCRIPTION: Confidence/skills in career-related interpersonal skills. Managing others, persuasion,
meeting people, public speaking, and adaptability (7 items).
    INFORMATION AND LINKS, GO TO WEB PAGE: (Assertion Training Relationship Harmony Meeting, Dating
Skills)(http://www.csulb.edu/~tstevens/assertion_training.htm http://www.csulb.edu/~tstevens/developing_intimacy.htm
http://www.csulb.edu/~tstevens/conversational_skills.htm)

     ============================= SUBSCALE QUESTIONS ========================

     ==> QUESTIONS FOR SUBSCALE: Career-Related Interpersonal Confidence
          (SUBSCALE OF SCALE: Self-Confidence and Life Skill Areas)

 >> QUESTION: 37. "Very adaptable, flexible, and resourceful--ability to rapidly adapt to and be successful in almost any
situation.
   INSTRUCTIONS: CONFIDENCE in your abililities, skills, knowledge, and motivation in this area."

 >> QUESTION: 28. "Meeting people and talking to strangers
   INSTRUCTIONS: CONFIDENCE in your abililities, skills, knowledge, and motivation in this area."

>> QUESTION: 32. "Persuasion skills--ability to influence others
  INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 33. "Management and leadership skills
  INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 15. "Business or Management
  INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 35. "Public speaking skills
  INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 36. "Job search and interviewing skills
  INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

      *************************** SUBSCALE of SCALE: "Self-Confidence and Life Skill Are***********************

  >>>>>>> SUBSCALE: "Helping Skills Confidence" :   [NUMBER OF QUESTIONS: 6]
    All Users Average/Mean Score: .740 All Users SD: .168
    SUBSCALE DESCRIPTION: Confidence/skills for counseling or teaching others. Knowledge of philosophy, religion,
and social science and helping, counseling, teaching interpersonal skills. (6 Items)
    INFORMATION AND LINKS, GO TO WEB PAGE: (Intimacy Self-Exploration)(http://www.csulb.edu/~tstevens/c14-
lisn.htm http://www.csulb.edu/~tstevens/h23explo.htm)

      =============================== SUBSCALE QUESTIONS =======================

    ==> QUESTIONS FOR SUBSCALE: Helping Skills Confidence
          (SUBSCALE OF SCALE: Self-Confidence and Life Skill Areas)

>> QUESTION: 11. "Behavioral and Social Sciences (psychology, sociology, political science, etc.)
  INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 12. "Philosophy and/or Religion
  INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 10. "Liberal Arts (literature, history, English, languages, etc.)
  INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 18. "Education, Counseling, or Helping-Related
  INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 29. "Empathetic listening skills--ability and practice of understanding inner meaning of what others say
  INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

>> QUESTION: 34. "Helping and teaching skills
  INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

      *************************** SUBSCALE of SCALE: "Self-Confidence and Life Skill Areas" ***********************

  >>>>>>> SUBSCALE: "Natural Science Confidence" :   [NUMBER OF QUESTIONS: 4]
    All Users Average/Mean Score: .583 All Users SD: .201
    SUBSCALE DESCRIPTION: Confidence/skills in natural science knowledge and reasoning including physics,
chemistry, biology, and engineering (4 items).NIL

      =============================== SUBSCALE QUESTIONS =======================

    ==> QUESTIONS FOR SUBSCALE: Natural Science Confidence
          (SUBSCALE OF SCALE: Self-Confidence and Life Skill Areas)

>> QUESTION: 8. "Biological Science
  INSTRUCTIONS: CONFIDENCE in your abilities, skills, knowledge, and motivation in this area."

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 >> QUESTION: 9.  "Natural Science (physics, chemistry, etc.)
   INSTRUCTIONS: CONFIDENCE in your abililities, skills, knowledge, and motivation in this area."
   --------------------------------------------------------------------------------------------
 >> QUESTION: 16.  "Health or Medicine
   INSTRUCTIONS: CONFIDENCE in your abililities, skills, knowledge, and motivation in this area."
   --------------------------------------------------------------------------------------------
 >> QUESTION: 17.  "Engineering or Technical
   INSTRUCTIONS: CONFIDENCE in your abililities, skills, knowledge, and motivation in this area."


     *************************** SUBSCALE of SCALE: "Self-Confidence and Life Skill Areas" ************************

   >>>>>>>  SUBSCALE: "Creative and Artistic Confidence"  [NUMBER OF QUESTIONS: 3]
     All Users Average/Mean Score: .659  All Users SD: .204
     SUBSCALE DESCRIPTION: Fine and performing arts, and creative thinking (3 items)


     ============================== SUBSCALE QUESTIONS  ========================

       ==>  QUESTIONS FOR SUBSCALE:  Creative and Artistic Confidence
             (SUBSCALE OF SCALE: Self-Confidence and Life Skill Areas)
   --------------------------------------------------------------------------------------------
 >> QUESTION: 6.  "Critical thinking and logic--ability to examine statements critically and think logically
   INSTRUCTIONS: CONFIDENCE in your abililities, skills, knowledge, and motivation in this area."
   --------------------------------------------------------------------------------------------
 >> QUESTION: 13.  "Performing Arts (music, dance, theatre arts, etc.)
   INSTRUCTIONS: CONFIDENCE in your abililities, skills, knowledge, and motivation in this area."
   --------------------------------------------------------------------------------------------
 >> QUESTION: 14.  "Fine Arts (art, design, etc.)
   INSTRUCTIONS: CONFIDENCE in your abililities, skills, knowledge, and motivation in this area."

   >>>>>>>>>>>>>>>>>>>>>>>>>> SKILLS-CONFIDENCE CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<

   ====> SCALE: "Self-Management Skills Scale"    [NUMBER OF QUESTIONS: 15]
     All Users Average/Mean Score: .537  All Users SD: .160
     SCALE DESCRIPTION: A key HQ scale. Skills related to self-care, decision-making, goal-setting, and time-
management including leading a balanced life and attending to all main need/value areas. Many items are based upon
OPATSM time-management system.  Research shows that these vital skills are related to a more successful and happier
life in almost all life areas. This scale correlated .606 with overall life happiness, .297 with low depression, .365 with
relationship success, and over .30 with job status. (15 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Ch9 Self-
Management)(http://www.csulb.edu/~tstevens/h9patsm.htm)


       *************************** SUBSCALE of SCALE: "Self-Management Skills" *****************************************

   >>>>>>>  SUBSCALE: "Self-Management Skills and Habits"  [NUMBER OF QUESTIONS: 5]
     All Users Average/Mean Score: .505  All Users SD: .220
     SUBSCALE DESCRIPTION: Using a good self-management system. Time management/goal-setting/decision-making
Frequent sessions prioritizing goals and writing daily task lists for each life area. Breaking large projects into organized,
scheduled tasks. (5 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Ch9 Self-
Management)(http://www.csulb.edu/~tstevens/h9patsm.htm)


       ============================== SUBSCALE QUESTIONS  ========================

       ==>  QUESTIONS FOR SUBSCALE:  Self-Management Skills and Habits
             (SUBSCALE OF SCALE: Self-Management Skills)
   --------------------------------------------------------------------------------------------
 >> QUESTION: 2.  "I spend a lot of time thinking about the future, making plans, and working toward completing distant
goals.
   INSTRUCTIONS: Honest answers give you the most accurate results."
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>> QUESTION: 8. "I make a PRIORITIZED TASK LIST which covers to-do's from my school, work, social, recreation, and other areas of my life at least once per week.
   INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 9. "At least twice a year I spend several hours making a list of GOALS and SPECIFIC OBJECTIVES for myself for each area of my life and use these goals/objectives regularly during the year planning my weekly activities at least twice per year.
   INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 10. "I make a WEEKLY SCHEDULE of how I want to spend my time during the week--scheduling times for classes, study, friends, work, recreation, and other important activities. I use this schedule weekly.
   INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 11. "I make a COMPREHENSIVE SCHEDULE of ALL ASSIGNMENTS and PROJECTS and their DUE DATES for the ENTIRE semester, quarter, year, etc., and regularly use that schedule to see what I need to do next.
   INSTRUCTIONS: Honest answers give you the most accurate results."

   *************************** SUBSCALE of SCALE: "Self-Management Skills" **

  >>>>>>> SUBSCALE: "Efficient Accomplishement" : [NUMBER OF QUESTIONS: 2]
    All Users Average/Mean Score: .494 All Users SD: .222
    SUBSCALE DESCRIPTION: Accomplishment: busy, efficient task completion without feeling too rushed or pressured. (2 items)
    INFORMATION AND LINKS, GO TO WEB PAGE: (Ch9 Self-Management Overwhelming Projects Self-Exploration)(http://www.csulb.edu/~tstevens/h9patsm.htm http://www.csulb.edu/~tstevens/possi.htm http://www.csulb.edu/~tstevens/h23explo.htm)

    ============================== SUBSCALE QUESTIONS ========================

      ==> QUESTIONS FOR SUBSCALE: Efficient Accomplishement
          (SUBSCALE OF SCALE: Self-Management Skills)
   -- ------------------
>> QUESTION: 1. "I rarely get upset about being too rushed, having too many things to do, or not having any time to relax.
   INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 12. "I am extremely busy with many things to do, but feel that I am accomplishing a great deal in most of my life areas, enjoy my life a great deal, and rarely feel under too much pressure from too many things to do.
   INSTRUCTIONS: Honest answers give you the most accurate results."

   *************************** SUBSCALE of SCALE: "Self-Management Skills" **

  >>>>>>> SUBSCALE: "Self-development Skills and Habits" : [NUMBER OF QUESTIONS: 3]
    All Users Average/Mean Score: .647 All Users SD: .214
    SUBSCALE DESCRIPTION: Self-development habits and skills including taking advice and self-change program(s).(3 Items)
    INFORMATION AND LINKS, GO TO WEB PAGE: (NIL Self-Help Links)(http://www.csulb.edu/~tstevens/NIL http://www.csulb.edu/~tstevens/self-helpLinks.htm)

    ============================== SUBSCALE QUESTIONS ========================

      ==> QUESTIONS FOR SUBSCALE: Self-development Skills and Habits
          (SUBSCALE OF SCALE: Self-Management Skills)

>> QUESTION: 6. "I have been successful in consciously planning and greatly improving a number of important aspects of myself such as my interpersonal relations, coping with my emotions, self-discipline, smoking, overeating, or study habits.
   INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 13. "I work on self-improvement regularly by reading, counseling, taking non-required classes, or other activities to consciously improve myself.

INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 15. "If I get good advice from reading or another person, I almost always make a conscious effort to follow that advice and even change life-long habits.
INSTRUCTIONS: Honest answers give you the most accurate results."

*************************** SUBSCALE of SCALE: "Self-Management Skills" ***

>>>>>>> SUBSCALE: "Health Habits" : [NUMBER OF QUESTIONS: 3]
SCALE SCORE==> 1.000 of possible 1.0: [NUMBER OF QUESTIONS: 3]
SUBSCALE DESCRIPTION: Health habits. Research has shown that your nutritional, exercise, sleep, substance abuse, safety and risk-taking habits, and stress management can have very large effects upon your health and life span. (3 Items)
INFORMATION AND LINKS, GO TO WEB PAGE: (Health Habits Weight Control Substance Abuse)(http://www.csulb.edu/~tstevens/health tips.htm http://www.csulb.edu/~tstevens/weight_control.htm http://www.csulb.edu/~tstevens/substance_abuse.htm)

============================== SUBSCALE QUESTIONS ========================

==> QUESTIONS FOR SUBSCALE: Health Habits
(SUBSCALE OF SCALE: Self-Management Skills)

>> QUESTION: 3. "Frequency that you get vigorous exercise for a minimum of 20 minutes:
INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 4. "I eat a very healthy diet, (vitamins, minerals, balanced meals, fiber, low fat, etc.) do not drink excessively, smoke, or take drugs.
INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 5. "Number of hours I average sleeping per night:
INSTRUCTIONS: Honest answers give you the most accurate results."

>>>>>>>>>>>>>>>>>> SKILLS-CONFIDENCE CATEGORY SCALE <<<<<<<<<<<<<<<<<<<

====> SCALE: "Emotional Coping Skills Scale"   [NUMBER OF QUESTIONS: 20]
All Users Average/Mean Score: .585 All Users SD: .135
SCALE DESCRIPTION: A key HQ scale. How you habitually react to emotionally stressful situations. What do you do when you are upset? This scale correlates .683 with overall happiness, .578 with low depression, .466 with low anxiety, .374 with low anger/aggressiveness, and .314 with good, intimate personal relationships. It is also a moderate predictor of academic and career success. (20 items)
INFORMATION AND LINKS, GO TO WEB PAGE: (NIL)(http://www.csulb.edu/~tstevens/NIL)

*************************** SUBSCALE of SCALE: "Emotional Coping Skills" ***

>>>>>>> SUBSCALE: "Emotional Coping Using Problem-Solving" : [NUMBER OF QUESTIONS: 4]
All Users Average/Mean Score: .599 All Users SD: .182
SUBSCALE DESCRIPTION: When upset, face problem now and use positive problem-solving to overcome it. Face, explore, and discuss problems. (4 items)
INFORMATION AND LINKS, GO TO WEB PAGE: (NIL Problem-Solving Concentration)(http://www.csulb.edu/~tstevens/NIL http://www.csulb.edu/~tstevens/wsps.htm http://www.csulb.edu/~tstevens/concentration.htm)

============================== SUBSCALE QUESTIONS ========================

==> QUESTIONS FOR SUBSCALE: Emotional Coping Using Problem-Solving
(SUBSCALE OF SCALE: Emotional Coping Skills)

>> QUESTION: 3. "Face the problem directly, think about what caused the feelings, think of possible solutions, and take action to solve the underlying problem.
INSTRUCTIONS: When upset, percent of the time you _____"

>> QUESTION: 9. "Talk to someone else about the problem/feelings (friend, family member, counselor, etc.)
  INSTRUCTIONS: When upset, percent of the time you _____"

>> QUESTION: 17. "Examine your underlying expectations of yourself (or others) and reset them to more realistic levels.
  INSTRUCTIONS: When upset, percent of the time you _____"

>> QUESTION: 20. "How much do you enjoy exploring and analyzing your feelings, thoughts, beliefs, and memories.
  INSTRUCTIONS: NIL"

    ************************** SUBSCALE of SCALE: "Emotional Coping Skills" ***

  >>>>>>> SUBSCALE: "Emotional Coping Using Positive Thoughts" : [NUMBER OF QUESTIONS: 2]
    All Users Average/Mean Score: .477 All Users SD: .204
    SUBSCALE DESCRIPTION: When upset, think positive thoughts. Positive; not critical, punitive, or negative thoughts in
response to negative emotions. (2 items)
    INFORMATION AND LINKS, GO TO WEB PAGE: (NIL)(http://www.csulb.edu/~tstevens/NIL)
    SUGGESTIONS: Develop a positive belief system/philosophy that you can use to generate positive thoughts when you
need them. Practice viewing the problem/situation from a more positive perspective, help others do the same, confront
negative thoughts, and schedule them for a later time to deal with in depth when you are out of the situation. Give yourself
pep talks, seek input only from people who can really help--avoid those who interfere.

    ============================== SUBSCALE QUESTIONS ========================

    ==> QUESTIONS FOR SUBSCALE: Emotional Coping Using Positive Thoughts
       (SUBSCALE OF SCALE: Emotional Coping Skills)

>> QUESTION: 1. "Worry, think negative thoughts, think of problems without thinking of good solutions
  INSTRUCTIONS: When upset, percent of the time you _____"
SCORED-REVERSE

>> QUESTION: 10. "Think about positive thoughts and goals and/or give yourself a pep talk.
  INSTRUCTIONS: When upset, percent of the time you _____"

    ************************** SUBSCALE of SCALE: "Emotional Coping Skills" ***

  >>>>>>> SUBSCALE: "Emotional Coping Using Positive Activities" : [NUMBER OF QUESTIONS: 2]
    All Users Average/Mean Score: .457 All Users SD: .202
    SUBSCALE DESCRIPTION: When upset, do positive, constructive activities such as complete problem-related or other
involving tasks, have fun, exercise, etc. (2 items)
    INFORMATION AND LINKS, GO TO WEB PAGE: (MC6 Focus MC5
Optimism)(http://www.csulb.edu/~tstevens/h87focus.htm http://www.csulb.edu/~tstevens/h86optim.htm)

    ============================== SUBSCALE QUESTIONS ========================

    ==> QUESTIONS FOR SUBSCALE: Emotional Coping Using Positive Activities
       (SUBSCALE OF SCALE: Emotional Coping Skills)

>> QUESTION: 8. "Do something involving or fun to get rid of the feelings (listen to music, read, socialize, shop, walk,
etc.
  INSTRUCTIONS: When upset, percent of the time you _____"

>> QUESTION: 13. "Think about positive thoughts and goals and/or give yourself a pep talk.
  INSTRUCTIONS: When upset, percent of the time you _____"

    ************************** SUBSCALE of SCALE: "Emotional Coping Skills" ***

  >>>>>>> SUBSCALE: "Emotional Coping Without Blaming" : [NUMBER OF QUESTIONS: 5]
    All Users Average/Mean Score: .580 All Users SD: .202
    SUBSCALE DESCRIPTION: When upset, don't get angry, too critical, or blame self or others or withdraw. (5 items)
    INFORMATION AND LINKS, GO TO WEB PAGE: (NIL MC5 Optimism Anger-
Aggression)(http://www.csulb.edu/~tstevens/NIL http://www.csulb.edu/~tstevens/h86optim.htm
http://www.csulb.edu/~tstevens/b-anger.htm)

============================== SUBSCALE QUESTIONS ========================

    ==> QUESTIONS FOR SUBSCALE: Emotional Coping Without Blaming
        (SUBSCALE OF SCALE: Emotional Coping Skills)

>> QUESTION: 5. "Outwardly express anger by losing your temper, crying, damaging something, or getting even.
  INSTRUCTIONS: When upset, percent of the time you _____"
SCORED-REVERSE

>> QUESTION: 6. "Think about whose fault it is, blame yourself, or blame others.
  INSTRUCTIONS: When upset, percent of the time you _____"
SCORED-REVERSE

>> QUESTION: 7. "Withdraw from others, feel hurt, hold your emotions in, feel sorry for yourself.
  INSTRUCTIONS: When upset, percent of the time you _____"
SCORED-REVERSE

>> QUESTION: 14. "Think of the problem from a very critical or punitive point of view. (Examples: \"I must not make
mistakes.\" or \"God may send me to Hell\")
  INSTRUCTIONS: When upset, percent of the time you _____"
SCORED-REVERSE

>> QUESTION: 15. "Get angry at yourself, think negative thoughts about yourself, or call yourself names.
  INSTRUCTIONS: When upset, percent of the time you _____"
SCORED-REVERSE

    *************************** SUBSCALE of SCALE: "Emotional Coping Skills" **

>>>>>>> SUBSCALE: "Emotional Coping Without Substance Abuse" :   [NUMBER OF QUESTIONS: 2]
  All Users Average/Mean Score: .791 All Users SD: .262
  SUBSCALE DESCRIPTION: When upset, don't smoke, drink alcohol, or take drugs. (2 items)
  INFORMATION AND LINKS, GO TO WEB PAGE: (Stop Smoking Substance
Abuse)(http://www.csulb.edu/~tstevens/smoking.htm http://www.csulb.edu/~tstevens/substance_abuse.htm)

    ============================== SUBSCALE QUESTIONS ========================

    ==> QUESTIONS FOR SUBSCALE: Emotional Coping Without Substance Abuse
        (SUBSCALE OF SCALE: Emotional Coping Skills)

>> QUESTION: 11. "Smoke a cigarette or tobacco product.
  INSTRUCTIONS: When upset, percent of the time you _____"
SCORED-REVERSE

>> QUESTION: 12. "Drink an alcoholic beverage, take street drugs, or use prescribed medication.
  INSTRUCTIONS: When upset, percent of the time you _____"
SCORED-REVERSE

    *************************** SUBSCALE of SCALE: "Emotional Coping Skills" **

>>>>>>> SUBSCALE: "Emotional Coping Without Eating" [NUMBER OF QUESTIONS: 1]
  All Users Average/Mean Score: .665 All Users SD: .284
  SUBSCALE DESCRIPTION: When upset, don't eat to feel better. (1 item)
  INFORMATION AND LINKS, GO TO WEB PAGE: (Weight Control)(http://www.csulb.edu/~tstevens/weight_control.htm)

    ============================== SUBSCALE QUESTIONS ========================

    ==> QUESTIONS FOR SUBSCALE: Emotional Coping Without Eating
        (SUBSCALE OF SCALE: Emotional Coping Skills)

>> QUESTION: 2. "Eat.
  INSTRUCTIONS: When upset, percent of the time you _____"

SCORED-REVERSE

  >>>>>>>>>>>>>>>>>>>>> INTERPERSONAL CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Assertive Communication and Conflict Resolution Scale"   [NUMBER OF QUESTIONS: 14]
    All Users Average/Mean Score: .563 All Users SD: .186
     SCALE DESCRIPTION: A key HQ scale: democratic, assertive communication and conflict resolution. Seeks win-win
solutions to conflicts, with clear, caring, understanding, non-defensive, calm, persistent, honest, friendly, non-threatening
behaviors. Finding and resolving the basic, underlying issues is very important. You ability to resolve differences with
others is a critical component of any good, lasting relationship from work to marriage. It is a vital skill in many professional
situations. Our research shows a correlation of more than .70 between this scale and marital relationship happiness and
.365 with overall relationship success. It also correlated .463 with overall happiness, .236 with low depression, .202 with
low anxiety, .355 with low anger/aggression, .306 with positive health. A low score may predict a series of relationships
that end in conflict or being left. (13 items)
    INFORMATION AND LINKS, GO TO WEB PAGE: (Assertion
Training)(http://www.csulb.edu/~tstevens/assertion_training.htm)

    ============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Assertive Communication and Conflict Resolution"

 >> QUESTION: 1. "When my partner and I have a discussion or argument, we almost always stay on one issue at a
time.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the
question to an imagined future relationship, OR to another valued relationship."

 >> QUESTION: 2. "My partner and I rarely argue about the same issue more than once.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the
question to an imagined future relationship, OR to another valued relationship."
  -- ----
 >> QUESTION: 1. "I almost never make threats about what I will do if my partner takes a certain action.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the
question to an imagined future relationship, OR to another valued relationship."

 >> QUESTION: 4. "We usually discuss what is really bothering us (the underlying issues) instead of the surface issues.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the
question to an imagined future relationship, OR to another valued relationship."

 >> QUESTION: 5. "When making an important decision, we almost always discuss it until we find a solution with which
we are both happy.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the
question to an imagined future relationship, OR to another valued relationship."

 >> QUESTION: 6. "Sometimes when we are trying to resolve a difficult problem, we almost always keep going until we
reach a solution (even if we have to discuss it for hours or the next day).
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the
question to an imagined future relationship, OR to another valued relationship."

 >> QUESTION: 7. "When discussing important issues my partner and I usually repeat back a summary of what the other
has said to make sure we understand it.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the
question to an imagined future relationship, OR to another valued relationship."

 >> QUESTION: 8. "Even during a disagreement, my partner and I frequently laugh and praise each other.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the
question to an imagined future relationship, OR to another valued relationship."

 >> QUESTION: 9. "My partner and I are both very assertive(positive, firm, and diplomatic).
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the
question to an imagined future relationship, OR to another valued relationship."

 >> QUESTION: 10. "Our communication is extremely open, nondefensive, and honest.

INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 6. "If I lose my temper at my partner, he/she will almost always tell me about it in a firm, diplomatic way without losing his/her temper. I do the same when she/he loses her/his temper.

INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 6. "In our conversations, one partner usually talks quite a bit more than the other.

INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

SCORED-REVERSE

>> QUESTION: 13. "My partner and I \"win\" long disagreements/arguments about equally often.

INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 14. "We usually discuss what is really bothering us (the underlying issues) instead of the surface issues.

INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>>>>>>>>>>>>>>>>>>>>> INTERPERSONAL CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<

====> SCALE: "Intimacy Scale"   [NUMBER OF QUESTIONS: 9]
All Users Average/Mean Score: .643 All Users SD: .192
SCALE DESCRIPTION: A key HQ scale: Open, Honest, Communication and Goal Harmony. Reveal most private and sensitive thoughts and feelings regularly, shared goals, and feelings of relationship commitment. This scale correlated over .70 with marital satisfaction and .435 with overall relationship success. ,.503 with overall happiness, .289 with low depression, .230 with low anxiety,.302 with low anger/aggression, and .293 with the health scale. Intimacy is a critical part of any truly close relationship--especially marital relationships. (10 items)
INFORMATION AND LINKS, GO TO WEB PAGE: (Meeting, Dating Skills
Intimacy)(http://www.csulb.edu/~tstevens/conversational_skills.htm http://www.csulb.edu/~tstevens/c14-lisn.htm)

============================= SCALE QUESTION RESULTS ==============================
>>>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Intimacy"

>> QUESTION: 1. "I have told my partner almost everything about myself.

INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 2. "My partner and I strongly agree on most long term goals.

INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 3. "Overall, my partner and I are equal in how much influence we have in decisions.

INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 4. "When I discuss an important issue with my partner, I go ahead and tell my partner almost exactly what I am thinking and feeling--even though it might upset him/her. My partner does the same.

INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 5. "Our communication is extremely open, nondefensive, and honest.

INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 6. "Almost every day my partner and I each share our FEELINGS about events happening that day.

INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 7. "My partner and I talk very openly and freely about specifically what we like and dislike about even the most sensitive areas of our relationship (e.g. what we really think of each other, sexual relations, finances, secrets.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 8. "I frequently do not know what my partner really wants or feels.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>> QUESTION: 9. "One of us frequently worries about whether the other is really committed to this relationship.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>>>>>>>>>>>>>>>>>>>>> INTERPERSONAL CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<
  ====> SCALE: "Close, Romantic Interactions Scale"   [NUMBER OF QUESTIONS: 7]
   All Users Average/Mean Score: .615 All Users SD: .219
   SCALE DESCRIPTION: Romantic attraction, playful, romantic surprises, fantasize about partner, go to romantic places, have special celebrations together. It correlates .267 with relationship success, .394 with overall happiness, .173 with low depression, and .238 with low aggression. (7 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Meeting, Dating Skills Relationship Harmony Intimacy Happy Relationships)(http://www.csulb.edu/~tstevens/conversational_skills.htm
http://www.csulb.edu/~tstevens/developing_intimacy.htm http://www.csulb.edu/~tstevens/c14-lisn.htm
http://www.csulb.edu/~tstevens/chaprels.htm)

  =============================== SCALE QUESTION RESULTS ===============================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Close, Romantic Interactions"

>> QUESTION: 1. "I do something different to surprise my partner such as buy flowers, leave a love note, or buy a present for no special event at least once a week.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 2. "I frequently fantasize about my partner.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 3. "My partner and I celebrate special days together almost once a month.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 4. "My partner and I go out to romantic places just to be alone together at least once a week.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 5. "I am extremely attracted to my partner sexually.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 6. "My partner and I both enjoy playful interactions with each other several times per week.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 7. "My partner is extremely charming and romantic.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>>>>>>>>>>>>>>>>>>>>> INTERPERSONAL CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<
  ====> SCALE: "Liberated, Equal Roles Scale"   [NUMBER OF QUESTIONS: 7]
   All Users Average/Mean Score: .703 All Users SD: .188

SCALE DESCRIPTION: Equality in decisions, roles, chores/tasks, career priority, some non-stereotypical role behaviors. Our research seems to show that people in relationships with more liberated roles may be happier. However, people with traditional male-female relationship views can be happy if both partners agree on these views and the male makes decisions adequately taking into account his/her partner's desires and needs. It correlated .166 with overall happiness, .182 with low anxiety, and .292 with low anger/aggression. (7 items)

   INFORMATION AND LINKS, GO TO WEB PAGE: (Finding Mr-Mrs Right)(http://www.csulb.edu/~tstevens/finding_mr_mrs_right.htm)

   ================================ SCALE QUESTION RESULTS ================================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Liberated, Equal Roles"

 >> QUESTION: 1. "There are certain tasks that are MORE the man's responsibility, such as providing economic support, taking care of the car, etc.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

 >> QUESTION: 2. "There are certain tasks that are MORE the woman's responsibility, such as cleaning house, fixing meals, etc.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

 >> QUESTION: 3. "The man should make the final decision.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

 >> QUESTION: 4. "I would feel embarrassed if my partner did something considered more characteristic of the opposite sex in front of other people (such as a woman working on the car or a man crying).
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

 >> QUESTION: 5. "I want a relationship in which the man is stronger and more decisive than the woman.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

 >> QUESTION: 6. "The man and woman should be equally responsible for providing an income for the couple or family.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

 >> QUESTION: 7. "If the man and woman have a career conflict in which one has to quit his/her job, the woman should be the one to quit.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

  >>>>>>>>>>>>>>>>>>>>>>>>> INTERPERSONAL CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Love and Respect for Partner Scale"   [NUMBER OF QUESTIONS: 7]
   All Users Average/Mean Score: .751 All Users SD: .154
   SCALE DESCRIPTION: Valuing Your Partner--A key HQ scale. Love, respect, cheerfully do favors for, praise more than criticize partner. Feel free when partner home, feel committed not trapped. This Love and Respect scale correlated .425 with overall relationship success. ,.476 with overall happiness, .289 with low depression, .268 with low anxiety,.432 with low anger/aggression, and .295 with the health scale. Love and Respect is a critical part of any truly close relationship--especially marital relationships. (9 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Relationship Harmony)(http://www.csulb.edu/~tstevens/developing_intimacy.htm)

   ================================ SCALE QUESTION RESULTS ================================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Love and Respect for Partner"

>> QUESTION: 1. "If my partner asks me to do me a favor, I almost always do it cheerfully.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 2. "I almost always do what I tell my partner I will do.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 3. "A long term commitment (would) cause(s) me to feel trapped.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>> QUESTION: 4. "I respect my partner more than almost anyone else I know.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 5. "I frequently tell others about their positive characteristics and about how much I like, love, or respect my partner.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 6. "I love (care for) my partner very much.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 7. "Partners should never argue or disagree if they are to have a truly happy relationship.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>>>>>>>>>>>>>>>>>>>>>>>> INTERPERSONAL CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<<
   ====> SCALE: "Relationship Independence-Autonomy Scale"   [NUMBER OF QUESTIONS: 15]
   All Users Average/Mean Score: .676 All Users SD: .144
   SCALE DESCRIPTION: Autonomy within committed relationship. Partners feeling encouraged and free to pursue own interests and friendships. Each enjoy being alone, having partially separate funds, and believing they could be happy with another person if necessary. Value individual happiness over marriage per se. This scale correlated .215 with overall relationship success. ,.379 with overall happiness, .288 with low depression, .308 with low anxiety,.389 with low anger/aggression, and .296 with the health scale. (11 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Finding Mr-Mrs Right Relationship Harmony)(http://www.csulb.edu/~tstevens/finding_mr_mrs_right.htm
http://www.csulb.edu/~tstevens/developing_intimacy.htm)

   ============================== SCALE QUESTION RESULTS ==============================
   >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Relationship Independence-Autonomy"

>> QUESTION: 1. "It is ok for one partner to go out to lunch alone with an attractive friend of the opposite sex.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 2. "The (marriage) relationship is more important than the happiness of one partner.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>> QUESTION: 3. "I would end my relationship if staying in it meant that I could not grow as a person.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 4. "When I refer to myself, I frequently say 'we' (meaning my partner and I).

INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>> QUESTION: 5. "It is OK for my partner and I to have some goals which are not the same.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 6. "If I did not have my partner, I would think I could find another partner with whom I could be very happy.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 7. "I find that I can't really enjoy myself very much if I go someplace without my partner.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>> QUESTION: 8. "I don't know how I could be happy if I didn't have my partner.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>> QUESTION: 9. "I hate to be alone for even a short time.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the
SCORED-REVERSE

>> QUESTION: 10. "I am glad that my partner has some recreational activities and interests apart from me.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 11. "My partner and I each have our own funds from which to buy personal things without consulting the other.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 12. "It is NOT ok for one partner to go away for a weekend by themselves to think and be alone.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>> QUESTION: 13. "One should always consult with their partner before making even small decisions.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>> QUESTION: 14. "I feel free to do whatever I want at home whether or not my partner is there.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>> QUESTION: 15. "My partner has close friends of his/her same sex with whom he/she has frequent social contact outside work.
    INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>>>>>>>>>>>>>>>>>>>>>>> INTERPERSONAL CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Positive, Supportive Communication Scale"   [NUMBER OF QUESTIONS: 8]
    All Users Average/Mean Score: .598 All Users SD: .175
    SCALE DESCRIPTION: A key HQ scale. Supportive of partner even during disagreements, rarely use negative labels, exaggerations, threats, anger. If one partner gets angry, other usually uses deescalating response. This scale correlated .272 with overall relationship success. ,.421 with overall happiness, .275 with low depression, .267 with low anxiety,.538

with low anger/aggression, and .307 with the health scale. Note the large correlation with low anger and aggression. (7 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Relationship Harmony Assertion Training)(http://www.csulb.edu/~tstevens/developing_intimacy.htm http://www.csulb.edu/~tstevens/assertion_training.htm)

   ============================== SCALE QUESTION RESULTS ==============================
   >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Positive, Supportive Communication"

 >> QUESTION: 1. "I almost never make threats about what I will do if my partner takes a certain action.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

 >> QUESTION: 2. "I rarely use negative labels or call others (such as 'dumb,' 'dependent,' 'weak,' 'selfish,' 'inconsiderate') even when we are angry with each other.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

 >> QUESTION: 3. "I frequently use words like \"always,\" \"never,\" or other exaggerations.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

 >> QUESTION: 4. "If my partner gets angry at me, I usually get angry or defensive back.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

 >> QUESTION: 5. "Overall, I criticize my partner quite a bit more than I praise him/her.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

 >> QUESTION: 6. "If I lose my temper at my partner, he/she will almost always tell me about it in a firm, diplomatic way without losing his/her temper. I do the same when she/he loses her/his temper.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
   -- ------------------
 >> QUESTION: 7. "If my partner makes a decision concerning his/her own personal matters, and I do not agree with it, I almost always am supportive and encouraging to my partner.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

 >> QUESTION: 8. "If I am under more stress than usual, my partner will usually do extra things for me.
   INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."

>>>>>>>>>>>>>>>>>>>>>>>>> INTERPERSONAL CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<

   ====> SCALE: "Collaborative, Non-Manipulative Relationship Scale"   [NUMBER OF QUESTIONS: 7]
    All Users Average/Mean Score: .562 All Users SD: .177
    SCALE DESCRIPTION: A key HQ scale. Neither partner manipulating or controlling. Partners feel safe revealing weaknesses. Can work together or teach each other effectively. This scale correlated .317 with overall relationship success. ,.406 with overall happiness, .268 with low depression, .235 with low anxiety,.328 with low anger/aggression, and .271 with the health scale. (7 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Assertion Training Relationship Harmony)(http://www.csulb.edu/~tstevens/assertion_training.htm
http://www.csulb.edu/~tstevens/developing_intimacy.htm)

   ============================== SCALE QUESTION RESULTS ==============================
   >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Collaborative, Non-Manipulative Relationship"

 >> QUESTION: 1. "One partner usually talks a long time before the other partner has a chance.

INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>> QUESTION: 2. "I do not really feel very comfortable telling my partner about my weaknesses or something I have done wrong.
INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>> QUESTION: 3. "I frequently feel as if my partner is manipulating me or that I am manipulating my partner.
INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>> QUESTION: 4. "Overall, my partner gives me a lot more criticism than praise.
INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>> QUESTION: 5. "If one of us tries to teach the other something, we usually end up having some hard feelings.
INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>> QUESTION: 6. "In our conversations, one partner usually talks quite a bit more than the other.
INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>> QUESTION: 7. "My partner and I do NOT enjoy working at the same task together.
INSTRUCTIONS: Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship."
SCORED-REVERSE

>>>>>>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<<<<

====> NOT SCORED AS A SCALE "College Student Information"   [NUMBER OF QUESTIONS: 6]
 All Users Average/Mean Score: 0.6 All Users SD: 0.15
 SCALE DESCRIPTION: Basic College Student Information

 ============================== SCALE QUESTION RESULTS ==============================
 >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "College Student Info"

>> QUESTION: 1. "What was the highest level of education reached by EITHER of your PARENTS?

>> QUESTION: 2. "What is your current class level?

>> QUESTION: 3. "What is your ultimate educational objective?

>> QUESTION: 4. "How many units are you currently enrolled in?

>> QUESTION: 5. "What is your grade average in your major field of study?

>> QUESTION: 6. "What is your current academic status?

>>>>>>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<

====> SCALE: "Time Efficient and Confident Study Scale"   [NUMBER OF QUESTIONS: 13]
 All Users Average/Mean Score: 0.59 All Users SD: 0.21

SCALE DESCRIPTION: A low score may indicate a learning disability. Think that tests and grades reflect abilities (versus smarter than test). Not need more time for tests and assignments. (8 items)
INFORMATION AND LINKS, GO TO WEB PAGE: (Academic-related help Learning Disablabilities? Concentration)(http://www.csulb.edu/~tstevens/academic.htm http://www.csulb.edu/~tstevens/learning_disabilities.htm http://www.csulb.edu/~tstevens/concentration.htm)

=============================== SCALE QUESTION RESULTS ===============================
>>>>>>>>>> QUESTION RESULTS FOR SCALE: "Time Efficient and Confident Study"

>> QUESTION: 1. "Do you have a great deal of difficulty understanding assignments and beginning them?
INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

>> QUESTION: 2. "Were you ever made to feel that you were not college material?
INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

>> QUESTION: 3. "Do you feel that you know the material, but are unable to do well on a test?
INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

>> QUESTION: 5. "Would you feel very unsure about turning in a paper that has been proofread by someone else?
INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

>> QUESTION: 5. "Do you usually have to read textbooks 2-3 times or more to make sense of them?
INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

>> QUESTION: 6. "I am satisfied with the result of my studying in relation to the time I spend at it.
INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 7. "Could you do better on tests if you were allowed a lot more time?
INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

>> QUESTION: 8. "Do you spend too much time on one assignment which causes you to not complete other assignments?
INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

>> QUESTION: 3. "Does reading for one hour make you very tired?
INSTRUCTIONS: Honest answers give you the most accurate results."
-REVERSE

>> QUESTION: 10. "Do you feel more anxiety about tests than most of your classmates?
INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

>> QUESTION: 11. "Do you feel that you're a lot smarter than your grades indicate?
INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

>> QUESTION: 4. "Do you avoid reading so much that it is a big problem?
INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

>> QUESTION: 13. "Do you generally read much slower than other people?
INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

>>>>>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "High Study Motivation Scale"   [NUMBER OF QUESTIONS: 5]
   All Users Average/Mean Score: 0.643 All Users SD: 0.199
   SCALE DESCRIPTION: Not Study Avoidant. Not slower or more anxious about beginning assignments, reading, or writing than other students. Feel like college capable. (6 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Academic-related help Time Management Procrastination Performance Anxiety)(http://www.csulb.edu/~tstevens/academic.htm
http://www.csulb.edu/~tstevens/time_management.htm http://www.csulb.edu/~tstevens/procrastination.htm
http://www.csulb.edu/~tstevens/test_anxiety.htm)

   ============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "High Study Motivation"

 >> QUESTION: 1. "Do you have a great deal of difficulty understanding assignments and beginning them?
    INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

 >> QUESTION: 2. "Were you ever made to feel that you were not college material?
    INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

 >> QUESTION: 3. "Does reading for one hour make you very tired?
    INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

 >> QUESTION: 4. "Do you avoid reading so much that it is a big problem?
    INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

 >> QUESTION: 5. "Would you feel very unsure about turning in a paper that has been proofread by someone else?
    INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

   >>>>>>>>>>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<

   ====> SCALE: "Positive Campus Life Attitudes Scale"   [NUMBER OF QUESTIONS: 8]
    All Users Average/Mean Score: 0.682 All Users SD: 0.2
    SCALE DESCRIPTION: Look forward to classes, campus activities. Enjoy students and instructors. Happy with campus and grades. (8 items)
    INFORMATION AND LINKS, GO TO WEB PAGE: (Meeting, Dating Skills Academic-related
help)(http://www.csulb.edu/~tstevens/conversational_skills.htm http://www.csulb.edu/~tstevens/academic.htm)

   ============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Positive Campus Life Attitudes"

 >> QUESTION: 1. "I really look forward to coming to campus.
    INSTRUCTIONS: Describe your educational experience."

 >> QUESTION: 2. "I like my instructors very much and feel that I can talk freely with at least one of them.
    INSTRUCTIONS: Describe your educational experience."

 >> QUESTION: 3. "I feel extremely comfortable with the faculty and students in my major.
    INSTRUCTIONS: Describe your educational experience."

 >> QUESTION: 4. "I have current school-related friends that I enjoy being with.
    INSTRUCTIONS: Describe your educational experience."

 >> QUESTION: 5. "I really enjoy all my learning classes and homework.
    INSTRUCTIONS: Describe your educational experience."
   --- -

>> QUESTION: 6. "I am enjoying life and having fun while in school.
  INSTRUCTIONS: Describe your educational experience."

>> QUESTION: 7. "Overall how happy are you with your college experience?
  INSTRUCTIONS: Describe your educational experience."

>> QUESTION: 8. "Overall, I am happy with my grades and what I am learning.
  INSTRUCTIONS: Describe your educational experience."

  >>>>>>>>>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Writing, Reading Skills Scale"   [NUMBER OF QUESTIONS: 6]
   All Users Average/Mean Score: 0.728 All Users SD: 0.199
   SCALE DESCRIPTION: Good at organizing papers and writing. Good reading skills. No vision problems (added due to factor analysis). (6 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Writing Help)(http://www.csulb.edu/~tstevens/writing_help.htm)

   ============================= SCALE QUESTION RESULTS =============================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Writing, Reading Skills"

>> QUESTION: 1. "I make \"A\"s on almost all of the term papers I write and almost all of the essay tests that I take.
  INSTRUCTIONS: Honest answers give you the most accurate results."
 YOUR ANSWER: EXTREMELY accurate / like me

>> QUESTION: 2. "I am satisfied with all my writing skills such as spelling, grammar, and punctuation.
  INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 3. "I don't seem to have any visual problems when I read.
  INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 4. "As I read my textbooks and outside reading for my classes, I don't seem to have any problems with the vocabulary or in understanding the writer's thought patterns.
  INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 5. "When I write, I don't have any great difficulty in organizing what I want to say.
  INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 6. "I think that I read slower than most of my classmates.
  INSTRUCTIONS: Honest answers give you the most accurate results."

  >>>>>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Build Mental Structures Scale"   [NUMBER OF QUESTIONS: 7]
   SCALE SCORE==> 1.000 of possible 1.0:
   SCORE GRAPH: 1.000   0 [||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||] Max: 1.0
    All Users Average/Mean Score: 0.693 All Users SD: 0.174
   SCALE DESCRIPTION: Study alone, struggle with difficult material, attempt to build own theories and associations. Make boring material interesting. (7 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Better Memory-Understanding Academic-related help)(http://www.csulb.edu/~tstevens/LEARN.htm http://www.csulb.edu/~tstevens/academic.htm)

   ============================= SCALE QUESTION RESULTS =============================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Build Mental Structures"

>> QUESTION: 1. "Whenever I don't understand something I am reading, I almost never just continue reading. Instead I look up parts I don't know, visualize it, or think about it until I understand it.
  INSTRUCTIONS: Honest answers give you the most accurate results."
  -- --
>> QUESTION: 2. "If I find a text boring, I almost always find ways of making it interesting.
  INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 3. "Every time I go over material I try to view it a new way instead of using rote memory methods.

INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 4. "I try to associate new material with as many things in my own experiences as I can.
    INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 5. "When I am reading and come to a part that is very difficult to understand, I almost never just go on.
Instead I almost always struggle with it until I understand it well.
    INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 6. "I enjoy learning about theories and enjoy building my own theories about what I am learning in class.
    INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 7. "I am satisfied with the result of my studying in relation to the time I spend at it.
    INSTRUCTIONS: Honest answers give you the most accurate results."

    >>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<

    ====> SCALE: "Basic Study Skills Scale"   [NUMBER OF QUESTIONS: 6]
     All Users Average/Mean Score: 0.61 All Users SD: 0.196
     SCALE DESCRIPTION: Preview, outline, review assignments; take good notes; good concentration; create visual map;
review material at least 3 times for exam. (6 items)
     INFORMATION AND LINKS, GO TO WEB PAGE: (Better Memory-Understanding Academic-related
help)(http://www.csulb.edu/~tstevens/LEARN.htm http://www.csulb.edu/~tstevens/academic.htm)

     ================================= SCALE QUESTION RESULTS =================================
    >>>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Basic Study Skills"

>> QUESTION: 1. "When I start working on a task or problem, reading an assignment, or writing, my concentration is so
great and I get so involved that almost nothing can distract me.
    INSTRUCTIONS: Honest answers give you the most accurate results."
    --- -
>> QUESTION: 2. "Whenever I read a chapter in a text, I always do the following:
 1-Get an OVERVIEW OF THE CHAPTER FIRST
 2-Actively try to get the main point of each paragraph or section.
 3-Summarize what I have learned when I finish a major section or chapter.
    INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 3. "In studying for a big exam, I always review ALL of the assigned material AT LEAST 3 TIMES within 2
days of the exam.
    INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 4. "I almost always create some type of visual overview (or \"map\") of my text chapters.
    INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 5. "When I read my textbooks, I almost always underline, make notes, outline, or summarize as I am
reading.
    INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 6. "I am satisfied with the way I take notes in class and with their usefulness to me as I study for my
tests.
    INSTRUCTIONS: Honest answers give you the most accurate results."

    >>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<

    ====> SCALE: "Degree Motivation Scale"   [NUMBER OF QUESTIONS: 6]
     All Users Average/Mean Score: 0.745 All Users SD: 0.206
     SCALE DESCRIPTION: Motivated and confident will get degree and won't drop out. Not confused about goals and
confident of finances. (5 items)
     INFORMATION AND LINKS, GO TO WEB PAGE: (Career Planning)(http://www.csulb.edu/~tstevens/c15-carp.htm)
     ================================= SCALE QUESTION RESULTS =================================
    >>>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Degree Motivation"

>> QUESTION: 1. "Confidence that you will complete your college degree.
 INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 2. "There is almost no possibility that I will drop out of college during the next year.
 INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 3. "Confidence that you have adequate financial means to complete college.
 INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 4. "I have been so highly motivated to get the college degree I seek for so long that almost nothing could stop me now.
 INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 3. "I don't know why I am in school or what I want from an education.
 INSTRUCTIONS: Describe your educational experience."
SCORED-REVERSE

>> QUESTION: 6. "I am able to manage my college life extremely well myself--with little or no help or support from others.
 INSTRUCTIONS: Honest answers give you the most accurate results."

 >>>>>>>>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<<

 ====> SCALE: "Learn Math-Science Principles Scale"   [NUMBER OF QUESTIONS: 2]
  All Users Average/Mean Score: 0.647 All Users SD: 0.246
  SCALE DESCRIPTION: Enjoy and good in math, and seek to understand basic principles in math and science. (2 items)
  INFORMATION AND LINKS, GO TO WEB PAGE: (Better Memory-
Understanding)(http://www.csulb.edu/~tstevens/LEARN.htm)

 ============================= SCALE QUESTION RESULTS =============================
 >>>>>>>>>> QUESTION RESULTS FOR SCALE: "Learn Math-Science Principles"

>> QUESTION: 1. "I enjoy math and don't seem to have any great difficulty in doing problems correctly.
 INSTRUCTIONS: Honest answers give you the most accurate results."

>> QUESTION: 2. "In math or science courses, I focus my energy on understanding the basic principles--not just getting answers to problems.

 >>>>>>>>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<

 ====> SCALE: "Study Environment Scale"   [NUMBER OF QUESTIONS: 3]
  All Users Average/Mean Score: 0.632 All Users SD: 0.166
  SCALE DESCRIPTION: Have good place and necessities to study and time available to study. Studying encouraged by family, friends with minimal conflicting demands. (3 items)
  INFORMATION AND LINKS, GO TO WEB PAGE: (Learning-Study
Skills)(http://www.csulb.edu/~tstevens/learning_&_study_skills.htm)

 ============================= SCALE QUESTION RESULTS =============================
 >>>>>>>>>> QUESTION RESULTS FOR SCALE: "Study Environment"

>> QUESTION: 1. "Others where I live RARELY expect me to help them, do chores, or socialize with them if it interferes with my studies.
 INSTRUCTIONS: Honest answers give you the most accurate results."
 YOUR ANSWER: EXTREMELY accurate / like me
 SCORE=> 7 of possible 7 equals RELATIVE SCORE=> 1.000 of possible 1.0; SCORED-NORMAL
 GRAPH of Relative Score: 1.000   0 [||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||] Max: 1.0

>> QUESTION: 2. "My family and friends very strongly encourage my studying and doing well in school.
 INSTRUCTIONS: Honest answers give you the most accurate results."
 YOUR ANSWER: EXTREMELY accurate / like me
 SCORE=> 7 of possible 7 equals RELATIVE SCORE=> 1.000 of possible 1.0; SCORED-NORMAL

GRAPH of Relative Score: 1.000   0 [||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||] Max: 1.0

>> QUESTION: 3. "I have a good place where I can study as much as I want with minimal distractions.
  INSTRUCTIONS: Honest answers give you the most accurate results."
 YOUR ANSWER: EXTREMELY accurate / like me
 SCORE=> 7 of possible 7 equals RELATIVE SCORE=> 1.000 of possible 1.0; SCORED-NORMAL
 GRAPH of Relative Score: 1.000   0 [||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||] Max: 1.0

  >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE
<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Attendance and Persistence Scale"   [NUMBER OF QUESTIONS: 3]
  SCALE SCORE==> 1.000 of possible 1.0:
  SCORE GRAPH: 1.000   0 [||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||] Max: 1.0
   All Users Average/Mean Score: 0.658 All Users SD: 0.232
   SCALE DESCRIPTION: Attend classes, never drop classes, and manage study time well. (3 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Academic-related help Better Memory-
Understanding)(http://www.csulb.edu/~tstevens/academic.htm http://www.csulb.edu/~tstevens/LEARN.htm)
   SUGGESTIONS: Class attendance and concentrated study time are essential to academic success. If you aren't doing
well in a class, first try assessing what the problems are and make a strong effort to correct them. Get needed help.

   ============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Attendance and Persistence"

>> QUESTION: 1. "On average, how many hours do you study outside class for each hour in class?
  INSTRUCTIONS: Honest answers give you the most accurate results."
 YOUR ANSWER: 4 or more study hours per in-class hour
 SCORE=> 6 of possible 6 equals RELATIVE SCORE=> 1.000 of possible 1.0; SCORED-NORMAL
 GRAPH of Relative Score: 1.000   0 [||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||] Max: 1.0

>> QUESTION: 2. "I almost never drop a course or take an incomplete(or wouldn't if you've not taken any.)
  INSTRUCTIONS: Honest answers give you the most accurate results."
 YOUR ANSWER: EXTREMELY accurate / like me
 SCORE=> 7 of possible 7 equals RELATIVE SCORE=> 1.000 of possible 1.0; SCORED-NORMAL
 GRAPH of Relative Score: 1.000   0 [||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||] Max: 1.0

>> QUESTION: 3. "I almost never miss a class, and my activities rarely interfere with my schoolwork.
  INSTRUCTIONS: Honest answers give you the most accurate results."
 YOUR ANSWER: EXTREMELY accurate / like me
 SCORE=> 7 of possible 7 equals RELATIVE SCORE=> 1.000 of possible 1.0; SCORED-NORMAL
 GRAPH of Relative Score: 1.000   0 [||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||] Max: 1.0

  >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE
<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Efficient, Confident Learning Scale"   [NUMBER OF QUESTIONS: 3]
  SCALE SCORE==> 1.000 of possible 1.0:
  SCORE GRAPH: 1.000   0 [||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||] Max: 1.0
   All Users Average/Mean Score: 0.593 All Users SD: 0.222
   SCALE DESCRIPTION: Efficient learning time use, good memory, relaxed during exams. (3 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Better Memory-Understanding Learning-Study Skills Performance
Anxiety Concentration)(http://www.csulb.edu/~tstevens/LEARN.htm
http://www.csulb.edu/~tstevens/learning_&_study_skills.htm http://www.csulb.edu/~tstevens/test_anxiety.htm
http://www.csulb.edu/~tstevens/concentration.htm)
   SUGGESTIONS: Try the help links below to improve your study efficiency, concentration, and reduce test-anxiety

   ============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Efficient, Confident Learning"

>> QUESTION: 1. "I don't seem to have any difficulty in remembering new terms, formulas, or facts.
  INSTRUCTIONS: Honest answers give you the most accurate results."
 YOUR ANSWER: EXTREMELY accurate / like me

SCORE=> 7 of possible 7 equals RELATIVE SCORE=> 1.000 of possible 1.0; SCORED-NORMAL
GRAPH of Relative Score: 1.000   0 [||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||] Max: 1.0

>> QUESTION: 2. "I rarely feel tense during my examinations.
  INSTRUCTIONS: Honest answers give you the most accurate results."
 YOUR ANSWER: EXTREMELY accurate / like me
 SCORE=> 7 of possible 7 equals RELATIVE SCORE=> 1.000 of possible 1.0; SCORED-NORMAL
 GRAPH of Relative Score: 1.000   0 [||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||] Max: 1.0

>> QUESTION: 3. "I am satisfied with the result of my studying in relation to the time I spend at it.
  INSTRUCTIONS: Honest answers give you the most accurate results."
 YOUR ANSWER: EXTREMELY accurate / like me
 SCORE=> 7 of possible 7 equals RELATIVE SCORE=> 1.000 of possible 1.0; SCORED-NORMAL
 GRAPH of Relative Score: 1.000   0 [||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||] Max: 1.0

  >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE
<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "College Internal Motivation Scale"   [NUMBER OF QUESTIONS: 5]
  SCALE SCORE==> 0.657 of possible 1.0:
  SCORE GRAPH: 0.657   0 [|||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||.................................] Max: 1.0
  All Users Average/Mean Score: 0.593 All Users SD: 0.222
  SCALE DESCRIPTION: Internal Motivation--to be in college. Internal motives versus pleasing parents, making money,
or being confused why in school. Financially self-supporting. Internal motivation for accomplishing any task--including a
college degree--is associated with greater success and happiness. (4 items)
  INFORMATION AND LINKS, GO TO WEB PAGE: (Career Planning Time Management Clarify Life Goals-
Values)(http://www.csulb.edu/~tstevens/c15-carp.htm http://www.csulb.edu/~tstevens/time_management.htm
http://www.csulb.edu/~tstevens/life_goals_and_meaning.htm)
  SUGGESTIONS: If youu scored low, re-examine your values and priorities, ask what you can personally gain from
college (eg. personal competence and growth, professional knowledge, and future career and personal satisifaction and
success.

  ============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>>   QUESTION RESULTS FOR SCALE: "College Internal Motivation"

>> QUESTION: 1. "Meeting expectations of my parents or others is the most important reason I am in school.
  INSTRUCTIONS: Describe your educational experience."
SCORED-REVERSE

>> QUESTION: 2. "Making more money is the main reason I'm in school.
  INSTRUCTIONS: Describe your educational experience."

>> QUESTION: 3. "I don't know why I am in school or what I want from an education.
  INSTRUCTIONS: Describe your educational experience."
SCORED-REVERSE

>> QUESTION: 4. "Which statement describes your financial support best?
  INSTRUCTIONS: Describe your educational experience."

>> QUESTION: 5. "I am in school primariy to get the job/career I want.
  INSTRUCTIONS: Describe your educational experience."

  >>>>>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Study Time Available Scale"   [NUMBER OF QUESTIONS: 1]
   All Users Average/Mean Score: 0.52 All Users SD: 0.257
   SCALE DESCRIPTION: Not too much time spent working, with family or friends, or in other activities. Studying and
class attendance gets top priority.
   INFORMATION AND LINKS, GO TO WEB PAGE: (Time Management
Procrastination)(http://www.csulb.edu/~tstevens/time_management.htm
http://www.csulb.edu/~tstevens/procrastination.htm)

=============================== SCALE QUESTIONS ===============================
>>>>>>>>>> QUESTION RESULTS FOR SCALE: "Study Time Available"

>> QUESTION: 1. "My schedule gives me so little time to study that it seriously affects my grades.
INSTRUCTIONS: Honest answers give you the most accurate results."
SCORED-REVERSE

>>>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE <<<<<<<<<<<<<<<<<<

====> SCALE: "Verbal Aptitude Score Scale" [NUMBER OF QUESTIONS: 1]
All Users Average/Mean Score: 0.774 All Users SD: 0.217
SCALE DESCRIPTION: Self-reported verbal aptitude score. (1 item)
INFORMATION AND LINKS, GO TO WEB PAGE: (Learning-Study Skills Writing Help Better Memory-
Understanding)(http://www.csulb.edu/~tstevens/learning_&_study_skills.htm
http://www.csulb.edu/~tstevens/writing_help.htm http://www.csulb.edu/~tstevens/LEARN.htm)

============================= SCALE QUESTION RESULTS =============================
>>>>>>>>>> QUESTION RESULTS FOR SCALE: "Verbal Aptitude Score"

>> QUESTION: 1. "In which percentile range were your VERBAL APTITUDE (SAT, ACT) scores?
INSTRUCTIONS: NIL"

>>>>>>>>>>>>>>>>>>>>> ACAD-LEARNING CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<

====> SCALE: "Math Aptitude Score Scale" [NUMBER OF QUESTIONS: 1]
All Users Average/Mean Score: 0.729 All Users SD: 0.233
SCALE DESCRIPTION: Self-reported mathematics aptitude score. (1 item)
INFORMATION AND LINKS, GO TO WEB PAGE: (Learning-Study Skills Better Memory-
Understanding)(http://www.csulb.edu/~tstevens/learning_&_study_skills.htm http://www.csulb.edu/~tstevens/LEARN.htm)

============================= SCALE QUESTION RESULTS =============================
>>>>>>>>>> QUESTION RESULTS FOR SCALE: "Math Aptitude Score"

>> QUESTION: 1. "In which percentile range were your MATH APTITUDE (SAT, ACT)scores?
INSTRUCTIONS: NIL"

>>>>>>>>>>>>>>>>>>>>> CAREER-INTEREST CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<

====> SCALE: "Overall College Major Interests Scale" [NUMBER OF QUESTIONS: 28]
SCALE DESCRIPTION: General career interests. Many of the individual questions correspond to separate schools, colleges, or collections of academic majors at large universities. Look at your scores on individual questions to find potential majors or minors. A high score on this overall scale may indicate that you are a person with many high interests and that you may want a career that allows for challenging mental activities and some variety over time.
  NOTE: This test is meant only to suggest some possible academic majors you may show interest in, it is NOT MEANT TO BE AN ALL INCLUSIVE LIST. You should explore the complete catalog of majors at your univesity or college-- especially if you have specialized interests or interests not represented in this scale. You might also consider a dual major or special major tailored to your interests.
INFORMATION AND LINKS, GO TO WEB PAGE: (Career Planning)(http://www.csulb.edu/~tstevens/c15-carp.htm)

============================= SCALE QUESTION RESULTS =============================
>>>>>>>>>> QUESTION RESULTS FOR SCALE: "Overall College Major Interests"

>> QUESTION: 1. "I feel extremely satisfied about my career decision. I have a clear career goal and plan for reaching that goal. My plan has a very high probability for success.
INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 2. "I have spent a great deal of time going through the process of reaching a career decision doing things such as reading about careers, interviewing others, taking interest tests, thinking about what I want, and getting related work experience.
INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 3. "I really enjoy natural science classes like chemistry, physics, or geology and am considering a career involving some aspect of natural science.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 4. "I really enjoy subjects like biology and am considering a career which might involve a lot of knowledge of biological science. I am considering a major or minor in BIOLOGY, MICROBIOLOGY, or another biological science.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 5. "I really enjoy learning about myself or other people. I enjoy classes like psychology, sociology, anthropology, economics, or geography. I am considering a career where understanding people, groups, economics, OR cultures may be important.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 6. "I really enjoy helping people and am considering a career in a 'helping profession' such as counseling, teaching, or social work.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 7. "I love math, am very good at it, and am considering a career in which math might play an important part.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 8. "I am considering a career in a medical or health-related field. Or I might like a career related to physical education, physical therapy, pharmacy, audiology, speech therapy or some other field which requires a lot of knowledge about biology or the human body.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 9. "I love to write and am considering a career in which writing would be very important. OR I have an interest in journalism or radio, TV, or film production.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 10. "I have a serious interest in an art-related field such as art, design, music, dance, photography, or theatre arts.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 11. "I am extremely interested in studying about an ethnic group, about women, or about ancient or current cultures.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 12. "I love learning through reading, taking classes, or any other way I can. I might eventually want to get a masters degree or doctorate.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 13. "I would love to specialize and be an expert at something. I tend to get passionate interests about one interest area at a time for months or years. I am considering a career where I might become an expert at something that requires intense study or an advanced degree.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 14. "I enjoy a large variety of activities. I would like a career where I have a little knowledge about many things. I might rather have a more general degree like a general business, social science, or liberal arts degree that can give me a wide variety of career options.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 15. "I have never been very interested in school, any particular subject in school, or any particular career that I know of. I feel very confused about what major or career I want.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 16. "I enjoy reading and literature of many types. I am considering a field like history or literature.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 17. "I really enjoy sports, recreational activiites, and helping others enjoy them. I am considering a career in a physical education, sports, or recreation-related field.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 18. "I enjoy learning about law, politics, or government and am considering a career where these subjects may be important.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 19. "Law enforcement, the legal profession, probation, or the military are careers I have an interest in.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 20. "I really enjoy working with machines, electronics, computers, aircraft, medical equipment, construction, or other activities where I can work with my hands and see something I made or repaired. I am less interested in designing these or working behind a desk. I might prefer a technical career which requires only a one- or two-year technical degree at a community college or a technical school.
   INSTRUCTIONS: Degree/Accuracy this describes you."0

>> QUESTION: 21. "I really enjoy other countries and learning foreign languages. I am considering majoring or minoring in a foreign language.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 22. "I really enjoy philosophy and/or the study of religion. I may want PHILOSOPHY or RELIGION as a major or a minor for my career and/or personal benefit.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 23. "I expect to work in a business setting or am considering a major or minor in a business-related career.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 24. "I am interested in science and/or technical things, math, computers, medical equipment, machines, airplanes, electronics, buildings or public works projects. I might like to build or design things or work with computers. I am considering a career in engineering, engineering technology, computers, architecture, or a related field.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 25. "I have a very high interest in one or more of the following--child development, consumer affairs, fashion merchandising, textiles and clothing, nutrition, food industries, gerontology, or teaching home economics or family and consumer affairs. I might be interested in one of these areas as a major or minor in a FAMILY AND CONSUMER SCIENCES area.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 26. "I might be interested in majoring or minoring in Women's Studies or studies of a special ethnic group such as Asian or Asian-American Studies, Mexican-American Studies, Black Studies, or Native American Studies.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 27. "I enjoy working on a computer, learning about software and hardware, and think that I might enjoy a job in a computer-related field where I spend a lot of time designing software or hardware, or working with computers, computer networks, the Internet, or managing others who work with computers.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 28. "I might like to have a major that combined two or three other major areas of my choosing. I might like to inquire about designing such a major that fits my particular interests. [Most universities offer such majors under titles like 'Special Major', 'Interdisciplinary Studies', or 'Liberal Arts.']
   INSTRUCTIONS: Degree/Accuracy this describes you."

 >>>>>>>>>>>>>>>>>>> CAREER-INTEREST CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<

 ====> SCALE: "Business-Related Interests Scale"   [NUMBER OF QUESTIONS: 7]
   SCALE DESCRIPTION: Areas of interest within the overall category.
   INFORMATION AND LINKS, GO TO WEB PAGE: (Career Planning)(http://www.csulb.edu/~tstevens/c15-carp.htm)
    SUGGESTIONS: Go to help-link below and/or see help information for College Major Interest Test: Overall Interests Scale

============================== SCALE QUESTION RESULTS ==============================
>>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Business-Related Interests"

>> QUESTION: 1. "I enjoy selling or planning how to market things and am considering a career in sales, marketing, market research, or some other form of merchandising. I am considering MARKETING as a major or minor.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 2. "I think I would like being an executive or manager in charge of other people and responsible for a work-group or business. I am considering a career in management or MANAGEMENT as a major or minor.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 3. "I enjoy working with computers, and think I would like a career related to business applications of computers. I am considering BUSINESS INFORMATION SYSTEMS as a major or minor department.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 4. "I enjoy dealing with money, finance, economics, real estate, and/or business law issues. I am considering a career in a field related to one of these interests. I am considering a major or minor in the FINANCE department.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 5. "I would like teaching and helping people in a business setting and am considering work in personnel, training, or human resource development. I am considering a major or minor in HUMAN RESOURCES MANAGEMENT.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 6. "I would like to work with numbers and do precise, detailed work. I might enjoy working with auditing or tax-related issues. I am considering a career, major, or minor in ACCOUNTING or a related field.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 7. "I would greatly value developing my speech, communication, or public relations skills to high level and am considering a career where those skills may be very important. I am considering a major or minor in the SPEECH COMMUNICATION department.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>>>>>>>>>>>>>>>>>>>>>> CAREER-INTEREST CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<

====> SCALE: "Engineering-Related Interests Scale"   [NUMBER OF QUESTIONS: 8]
 SCALE DESCRIPTION: Areas of interest within the overall category.
 INFORMATION AND LINKS, GO TO WEB PAGE: (Career Planning)(http://www.csulb.edu/~tstevens/c15-carp.htm)

============================== SCALE QUESTION RESULTS ==============================
>>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Engineering-Related Interests"

>> QUESTION: 1. "I enjoy complex math and might enjoy designing complex electronic systems such as computers. I am considering a career in electrical or electronic engineering or its option in biomedical engineering.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 2. "I enjoy design and am interested in the workings of complex mechanical things. I am considering a career in mechanical engineering or in one of its options of industrial-management engineering, materials engineering, or ocean engineering.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 3. "I enjoy chemistry and also designing things. I am considering a career in chemical engineering.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 4. "I think I would enjoy designing things like civil works projects, buildings, or other large projects. I am considering civil engineering as a career.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 5. "I am very interested in aerospace-related engineering and am considering a career as an aerospace engineer.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 6. "I am interested in an engineering-related field, but am not as interested in complex math or designing systems as I am in technical aspects of one or more of the following--construction management, electronics, manufacturing, or quality assurance. I might be interested in an ENGINEERING TECHNOLOGY major.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 7. "I love math, programming, and computer software design, but am less interested in the electronic circuits and hardware of computers. I am considering (engineering) computer science as a major.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 8. "I really enjoy working with computers. But I would prefer a business environment more than an engineering, science, or mathematical environment. I might consider getting a major in business with an emphasis in computers or INFORMATION SYSTEMS.
  INSTRUCTIONS: Degree/Accuracy this describes you."

  >>>>>>>>>>>>>>>>>>>>>>>> CAREER-INTEREST CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Fine Arts-Related Interests Scale" [NUMBER OF QUESTIONS: 7]
  SCALE DESCRIPTION: Areas of interest within the overall category.
  INFORMATION AND LINKS, GO TO WEB PAGE: (Career Planning)(http://www.csulb.edu/~tstevens/c15-carp.htm)

  ============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Fine Arts-Related Interests"

>> QUESTION: 1. "I love music and am considering a music-related career or a major or minor in MUSIC.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 2. "I love art and am considering an art-related or design-related career or am considering a major in ART.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 3. "I love to act and be in plays and am considering professional acting as a career or considering a major or minor in THEATER ARTS.
  INSTRUCTIONS: Degree/Accuracy this describes you."
  YOUR ANSWER: EXTREMELY accurate / like me

>> QUESTION: 4. "I love to dance and am considering a career in which dance might play an important part or a major or minor in DANCE.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 5. "I have an interest in becoming a photojournalist and would consider a major or minor in PHOTOGRAPHY or PHOTOJOURNALISM.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 6. "I love to draw and design functional things. I would consider a major in DESIGN or INDUSTRIAL DESIGN.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 7. "I love to decorate and would like to design interiors for homes or businesses. I would consider a major in INTERIOR DESIGN.
  INSTRUCTIONS: Degree/Accuracy this describes you."

  >>>>>>>>>>>>>>>>>>>>>>>> CAREER-INTEREST CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Helping, Teaching, Counseling-Related Interests Scale" [NUMBER OF QUESTIONS: 10]
  SCALE DESCRIPTION: Areas of interest within the overall category.
  INFORMATION AND LINKS, GO TO WEB PAGE: (Career Planning)(http://www.csulb.edu/~tstevens/c15-carp.htm)

  ============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Helping, Teaching, Counseling-Related Interests"

>> QUESTION: 1. "I enjoy teaching groups of people and am considering a career where teaching might be an important part of my job.

INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 2. "I enjoy helping people one-on-one and am considering a career in a counseling-related field such as becoming a psychologist or psychiatrist, a school counselor or psychologist, or a social worker. I know that these all require graduate degrees, and some require psychology as a major. I am considering a major in PSYCHOLOGY (which will also give me the most flexibility in choosing what type of counseling I want to pursue later.)
   INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 3. "I would strongly like to work in an educational setting such as a public school or university.
   INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 4. "I would especially enjoy a career helping ADULTS.
   INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 5. "I would especially enjoy a career helping CHILDREN or TEENAGERS.
   INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 6. "I would enjoy teaching vocational or shop courses. I am considering vocational education as a major.
   INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 7. "I would be interested in a career helping people with their speech or helping persons with hearing impairments. I might want a major leading to a career in audiology or speech therapy such as COMMUNICATIVE DISORDERS.
   INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 8. "I know that I want to be a social worker and work with public agencies helping people with various types of disabilities or who are in need of help. I know that most jobs are with the government and think I would enjoy working as part of a larger organization dedicated to helping people even though there may be a lot of paperwork, etc. I am considering a major in psychology, sociology, social work, or a related field.
   INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 9. "I think that I might like to teach in public or private schools in a grade level between Kindergarten and College (K-12). I am interested in a major that leads to a teaching credential.
[In California getting a teaching credential usually means getting a special degree in Liberal Studies for elementary teaching or obtaining one of a select number of majors for teaching high school. Go to your local College or School of Education for more information.]
   INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 10. "I am considering a career in church work or as a minister, priest, rabbi, or other religious leader. Or, I am interested in learning more about or teaching about religion. I am considering a degree in RELIGION, RELIGIOUS STUDIES, or PHILOSOPHY. Or, I am considering a different kind of major such as psychology or sociology that could help me be more effective helping people.
   INSTRUCTIONS: Degree/Accuracy this describes you."

  >>>>>>>>>>>>>>>>>>> CAREER-INTEREST CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Language-Related Interests Scale"   [NUMBER OF QUESTIONS: 9]
   SCALE DESCRIPTION: Areas of interest within the overall category.
  INFORMATION AND LINKS, GO TO WEB PAGE: (Career Planning)(http://www.csulb.edu/~tstevens/c15-carp.htm)

  ============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Language-Related Interests"

 >> QUESTION: 1. "I am very interested in learning or teaching French or considering FRENCH as a major.
   INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 2. "I am very interested in learning or teaching Italian or am considering ITALIAN as a major.
   INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 3. "I am very interested in learning or teaching German or am considering GERMAN as a major.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 4. "I am very interested in learning or teaching Russian or am considering RUSSIAN as a major.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 5. "I am very interested in learning or teaching Japanese or am considering JAPANESE as a major.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 6. "I am very interested in learning or teaching Chinese or am considering CHINESE as a major.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 7. "I am very interested in ancient Greece or Rome and in learning those languages. I am considering a major in CLASSICS.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 8. "I am very interested in learning or teaching Spanish or am considering SPANISH as a major.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 9. "I am very interested in learning or teaching Portuguese or am considering PORTUGUESE as a major.
  INSTRUCTIONS: Degree/Accuracy this describes you."

  >>>>>>>>>>>>>>>>>> CAREER-INTEREST CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Medically-Related Interests Scale Scale"   [NUMBER OF QUESTIONS: 7]
  SCALE DESCRIPTION: Areas of interest within the overall category.
  INFORMATION AND LINKS, GO TO WEB PAGE: (Career Planning)(http://www.csulb.edu/~tstevens/c15-carp.htm)

  ============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Medically-Related Interests Scale"

>> QUESTION: 1. "I am considering becoming a physician and have high ability in science. I may want to consider a major in a biological or chemical science with a minor in the other.
  INSTRUCTIONS: Degree/Accuracy this describes you.".0

>> QUESTION: 2. "I am considering nursing or a related career or a major in NURSING.

[Obtaining an RN (Registered Nurse) certificate usually only requires a 2-year degree, However, you may prefer a 4-year bachelor's degree in nursing to advance your knowledge or career.]
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 3. "I like helping one-on-one and working with the body. I am considering becoming a physical therapist and would consider a major in a pre-physical therapy major such as Kinesiology.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 4. "I am extremely interested in health science, health education, and/or health administration. I am considering a career in one of these fields or a degree in HEALTH SCIENCE or HEALTH CARE ADMINISTRATION.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 5. "I am interested in studying the human body, its overall movement and function, physical therapy, athletic training, or physical education. I might be interested in a major in Kinesiology or in a major leading to physical therapy.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 6. "I would be interested in a career helping people with their speech or helping persons with hearing impairments. I might want a major leading to a career in audiology or speech therapy such as COMMUNICATIVE DISORDERS.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 7. "I might prefer to work in a specialized medically-related field working directly with patients such as a technician working with medical imaging, X-rays, dental assistance, nursing, or some other similar field that only requires one to two years at a technical school or community college.
  INSTRUCTIONS: Degree/Accuracy this describes you."

>>>>>>>>>>>>>>>>>>>>> CAREER-INTEREST CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<

    ====> SCALE: "Law, Law Enforcement, or Military-Related Interests Scale"   [NUMBER OF QUESTIONS: 3]
     SCALE DESCRIPTION: Areas of interest within the overall category.
    INFORMATION AND LINKS, GO TO WEB PAGE: (Career Planning)(http://www.csulb.edu/~tstevens/c15-carp.htm)

      =============================== SCALE QUESTION RESULTS ===============================
     >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Law, Law Enforcement, or Military-Related Interests"

 >> QUESTION: 1. "I am considering becoming a lawyer in criminal law (defense, prosecution, etc.). I think that I might
prefer to get an undergraduate degree or minor in CRIMINAL JUSTICE.
    INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 2. "I am considering working in a law enforcement field, within probation, or withi
 another aspect of the legal system. I might be interested in a CRIMINAL JUSTICE major or minor.
    INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 3. "I am considering joining one of the military services or am considering a career in the military. I might
be interested in a MILITARY SCIENCE or related major or minor, or I might want to major i
 some other field and join the military later.
    INSTRUCTIONS: Degree/Accuracy this describes you."

  >>>>>>>>>>>>>>>>>>>>> CAREER-INTEREST CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<

    ====> SCALE: "Natural Science-Related Interests Scale"   [NUMBER OF QUESTIONS: 5]
     SCALE DESCRIPTION: Areas of interest within the overall category.
    INFORMATION AND LINKS, GO TO WEB PAGE: (Career Planning)(http://www.csulb.edu/~tstevens/c15-carp.htm)

      =============================== SCALE QUESTION RESULTS ===============================
     >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Natural Science-Related Interests"

 >> QUESTION: 1. "I enjoy chemistry and am considering a career requiring a lot of knowledge of chemistry (such as
chemistry or medicine) or am considering CHEMISTRY, BIOCHEMISTRY, or a related field as a major or minor.
    INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 2. "I enjoy physics and am considering a career requiring a lot of knowledge of physics or PHYSICS as a
major or minor.
    INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 3. "I enjoy geology or study of the environment and am considering or GEOLOGY as a major or minor.
    INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 4. "I enjoy astronomy and math am considering a career requiring a lot of knowledge of astronomy or
ASTRONOMY as a major or minor.
    INSTRUCTIONS: Degree/Accuracy this describes you."

 >> QUESTION: 5. "I enjoy studying the environment, pollution, and/or ways to make the environment cleaner and safer. I
might be interested in a major or minor in earth science or environmental studies.
    INSTRUCTIONS: Degree/Accuracy this describes you."

  >>>>>>>>>>>>>>>>>>>>>>> CAREER-INTEREST CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<

    ====> SCALE: "Social Science-Related Interests Scale"   [NUMBER OF QUESTIONS: 11]
     SCALE DESCRIPTION: Areas of interest within the overall category.
    INFORMATION AND LINKS, GO TO WEB PAGE: (Career Planning)(http://www.csulb.edu/~tstevens/c15-carp.htm)

      =============================== SCALE QUESTION RESULTS ===============================
     >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Social Science-Related Interests"

 >> QUESTION: 1. "I am extremely interested in learning about myself and understanding people in depth. I am
considering a career where working with people or am considering a major or minor in PSYCHOLOGY.
    INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 2. "I am extremely interested in learning about groups and society. I am considering a career where knowledge of groups and society would be very important, or a SOCIOLOGY major or minor.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 3. "I am extremely interested in history, or am considering a major or minor in HISTORY.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 4. "I am extremely interested in law, politics, and/or studying political systems. I might like to work in public administration, in government or politics, or become an attorney. I am considering a major or minor in POLITICAL SCIENCE or an advanced degree in public administration.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 5. "I am extremely interested in studying the economic behavior of people and/or the economy as a whole. I am considering a major or minor in ECONOMICS.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 6. "I enjoy studying physical and cultural aspects of various countries or geographic regions. In addition I may enjoy studying topics like climates, mapping, urban life, etc. I might like to major or minor in GEOGRAPHY.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 7. "I am extremely interested in studying the United States and might like to major or minor in American Studies.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 8. "Studying humans and various cultures (including ancient ones) in our many social, cultural, and biological aspects is fascinating to me. I might enjoy majoring or minoring in ANTHROPOLOGY.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 9. "I am very interested in studying cultures in general and cultures as a whole for both the past and present from a variety of viewpoints. I am considering ANTHROPOLOGY as a major or minor.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 10. "I am extremely interested in learning about groups and society. I am considering a career where knowledge of groups and society would be very important, or a SOCIOLOGY major or minor.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 11. "I like social science, research and theory, and find the study of speech and language fascinating. I might like a major or minor in LINGUISTICS.
   INSTRUCTIONS: Degree/Accuracy this describes you."

  >>>>>>>>>>>>>>>>>>>>> CAREER-INTEREST CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<

   ====> SCALE: "Women and Ethnic Group-Related Interests Scale"   [NUMBER OF QUESTIONS: 6]
    SCALE DESCRIPTION: Areas of interest within the overall category.
   INFORMATION AND LINKS, GO TO WEB PAGE: (Career Planning)(http://www.csulb.edu/~tstevens/c15-carp.htm)

     ============================== SCALE QUESTION RESULTS ==============================
    >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Women and Ethnic Group-Related Interests"

>> QUESTION: 1. "I have a very high interest in American Indian culture and studies and might consider it as a major or minor.
   INSTRUCTIONS: Degree/Accuracy this describes you."
    YOUR ANSWER: EXTREMELY accurate / like me

>> QUESTION: 2. "I have a very high interest in American Indian culture and studies and might consider it as a major or minor.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 3. "I have a very high interest in Mexican-American culture and studies.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 4. "I have a very high interest in Asian-American culture and studies.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 5. "I have a very high interest in studying the American culture as a whole from a variety of viewpoints and disciplines. I might consider AMERICAN STUDIES as a major or minor.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 6. "I am very interested in studying women--their history, experience, and sex-roles--from a variety of viewpoints. I might be interested in WOMEN'S STUDIES as a major or minor.
   INSTRUCTIONS: Degree/Accuracy this describes you."

   >>>>>>>>>>>>>>>>>>>>>> CAREER-INTEREST CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<

   ====> SCALE: "Writing and Media-Related Interests Scale"   [NUMBER OF QUESTIONS: 2]
   SCALE SCORE==> 1.000 of possible 1.0:
   SCALE DESCRIPTION: Areas of interest within the overall category.
   INFORMATION AND LINKS, GO TO WEB PAGE: (Career Planning)(http://www.csulb.edu/~tstevens/c15-carp.htm)

   ============================== SCALE QUESTION RESULTS ==============================
   >>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Writing and Media-Related Interests"

>> QUESTION: 1. "I highly enjoy writing, English literature, and/or possibly teaching English, and am considering ENGLISH or as a major or minor.
   INSTRUCTIONS: Degree/Accuracy this describes you."

>> QUESTION: 2. "I am considering working for a newspaper or other news media as a journalist or photojournalist; OR I might want to teach journalism; OR I might want to work in public relations. I am considering JOURNALISM as a major or minor.
   INSTRUCTIONS: Degree/Accuracy this describes you."

   >>>>>>>>>>>>>>>>>>>>>>>> OUTCOME CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<

   ====> SCALE: "Overall Happiness Scale"   [NUMBER OF QUESTIONS: 1]
    All Users Average/Mean Score: .600 All Users SD: .184
    SCALE DESCRIPTION: Overall happiness in various life areas including home, career, family, romance, recreation, health, and direct questions about overall happiness for recent past, current, and expected future time periods (15items). An overall low score may indicate high unhappiness and depression. Check individual questions to identify areas of high stress, avoidance, and/or need for improvement or help. (15 items)
    INFORMATION AND LINKS, GO TO WEB PAGE: (About Choose Happy Book NIL Happy Checklist)(http://www.csulb.edu/~tstevens/my-peek.htm http://www.csulb.edu/~tstevens/NIL http://www.csulb.edu/~tstevens/hhapchkl.htm)

   >>>>>>>>>>>>>>>>>>>>>>>> OUTCOME CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<<<

   ====> SCALE: "Overall Happiness Scale"   [NUMBER OF QUESTIONS: 16]
    All Users Average/Mean Score: .600 All Users SD: .184
    SCALE DESCRIPTION: Overall happiness in various life areas including home, career, family, romance, recreation, health, and direct questions about overall happiness for recent past, current, and expected future time periods (15items). An overall low score may indicate high unhappiness and depression. Check individual questions to identify areas of high stress, avoidance, and/or need for improvement or help. (15 items)
    INFORMATION AND LINKS, GO TO WEB PAGE: (About Choose Happy Book NIL Happy Checklist)(http://www.csulb.edu/~tstevens/my-peek.htm http://www.csulb.edu/~tstevens/NIL http://www.csulb.edu/~tstevens/hhapchkl.htm)

   *************************** SUBSCALE of SCALE: "Overall Happiness" **

   >>>>>>> SUBSCALE: "Spiritual and Mental Life Happiness" [NUMBER OF QUESTIONS: 2]
    All Users Average/Mean Score: 0.6132 All Users SD: 0.25
    SUBSCALE DESCRIPTION: Happiness in your self-development, spiritual life, and life meaning

INFORMATION AND LINKS, GO TO WEB PAGE: (Clarify Life Goals-Values Ch3 Higher Self)(http://www.csulb.edu/~tstevens/life_goals_and_meaning.htm http://www.csulb.edu/~tstevens/h3hiself.htm)

============================= SUBSCALE QUESTIONS =======================

==> QUESTIONS FOR SUBSCALE: Spiritual and Mental Life Happiness
(SUBSCALE OF SCALE: Overall Happiness)

>> QUESTION: 11. "Happiness with the kind of person I am and with my personal growth/development.
INSTRUCTIONS: Degree that you are happy with ... "

>> QUESTION: 12. "Happiness with having a meaningful life and with my spiritual or religious life.
INSTRUCTIONS: Degree that you are happy with ... "

************************** SUBSCALE of SCALE: "Overall Happiness" **

>>>>>>> SUBSCALE: "Career Happiness" [NUMBER OF QUESTIONS: 2]
SCALE SCORE==> 1.000 of possible 1.0:   [NUMBER OF QUESTIONS: 2]
SCORE GRAPH: 1.000   0 [||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||] Max: 1.0
All Users Average/Mean Score: 0.61 All Users SD: 0.25
SUBSCALE DESCRIPTION: Happiness in your career, work, or school
INFORMATION AND LINKS, GO TO WEB PAGE: (NIL Self-Help Links Career Planning)(http://www.csulb.edu/~tstevens/NIL http://www.csulb.edu/~tstevens/self-helpLinks.htm http://www.csulb.edu/~tstevens/c15-carp.htm)

============================= SUBSCALE QUESTIONS =======================

==> QUESTIONS FOR SUBSCALE: Career Happiness
(SUBSCALE OF SCALE: Overall Happiness)

>> QUESTION: 3. "Happiness with expectations for future career success and happiness.
INSTRUCTIONS: Degree that you are happy with ... "

>> QUESTION: 2. "Happiness with my career now.
INSTRUCTIONS: Degree that you are happy with ... "

************************** SUBSCALE of SCALE: "Overall Happiness" **

>>>>>>> SUBSCALE: "Recreation and Physical Activity Happiness" [NUMBER OF QUESTIONS: 2]
All Users Average/Mean Score: 0.559 All Users SD: 0.248
SUBSCALE DESCRIPTION: Happiness in your recreation and physical activity.
INFORMATION AND LINKS, GO TO WEB PAGE: (NIL Self-Help Links Career Planning)(http://www.csulb.edu/~tstevens/NIL http://www.csulb.edu/~tstevens/self-helpLinks.htm http://www.csulb.edu/~tstevens/c15-carp.htm)

============================= SUBSCALE QUESTIONS =======================

==> QUESTIONS FOR SUBSCALE: Recreation and Physical Activity Happiness
(SUBSCALE OF SCALE: Overall Happiness)

>> QUESTION: 7. "Happiness with my physical activity area of my life.
INSTRUCTIONS: Degree that you are happy with ... "

>> QUESTION: 8. "Happiness with my recreation.
INSTRUCTIONS: Degree that you are happy with ... "

************************** SUBSCALE of SCALE: "Overall Happiness" **

>>>>>>> SUBSCALE: "Living Area Happiness" :   [NUMBER OF QUESTIONS: 1]
All Users Average/Mean Score: 0.6 All Users SD: 0.25
SUBSCALE DESCRIPTION: Happiness living in your area.

INFORMATION AND LINKS, GO TO WEB PAGE: (NIL Self-Help Links Career
Planning)(http://www.csulb.edu/~tstevens/NIL http://www.csulb.edu/~tstevens/self-helpLinks.htm
http://www.csulb.edu/~tstevens/c15-carp.htm)

============================= SUBSCALE QUESTIONS =======================

    ==> QUESTIONS FOR SUBSCALE: Living Area Happiness
          (SUBSCALE OF SCALE: Overall Happiness)

>> QUESTION: 5. "Happiness with living in this area, with the home in which I live, and feeling at home here.
   INSTRUCTIONS: Degree that you are happy with ... "

************************** SUBSCALE of SCALE: "Overall Happiness" ***

  >>>>>>> SUBSCALE: "Family Happiness" [NUMBER OF QUESTIONS: 1]
    All Users Average/Mean Score: 0.64 All Users SD: 0.272
    SUBSCALE DESCRIPTION: Happiness in your family life.
    INFORMATION AND LINKS, GO TO WEB PAGE: (NIL Self-Help Links Career
Planning)(http://www.csulb.edu/~tstevens/NIL http://www.csulb.edu/~tstevens/self-helpLinks.htm
http://www.csulb.edu/~tstevens/c15-carp.htm)

============================= SUBSCALE QUESTIONS =======================

    ==> QUESTIONS FOR SUBSCALE: Family Happiness
          (SUBSCALE OF SCALE: Overall Happiness)

>> QUESTION: 10. "Happiness with my family relationships.
   INSTRUCTIONS: Degree that you are happy with ... "

************************** SUBSCALE of SCALE: "Overall Happiness" ***

  >>>>>>> SUBSCALE: "Romantic Happiness" : [NUMBER OF QUESTIONS: 1]
    All Users Average/Mean Score: 0.461 All Users SD: 0.303
    SUBSCALE DESCRIPTION: Happiness in your romantic life.
    INFORMATION AND LINKS, GO TO WEB PAGE: (Meeting, Dating Skills Relationship
Harmony)(http://www.csulb.edu/~tstevens/conversational_skills.htm
http://www.csulb.edu/~tstevens/developing_intimacy.htm)

============================= SUBSCALE QUESTIONS =======================

    ==> QUESTIONS FOR SUBSCALE: Romantic Happiness
          (SUBSCALE OF SCALE: Overall Happiness)

>> QUESTION: 9. "Happiness with the sexual/romantic relationship area of my life.
   INSTRUCTIONS: Degree that you are happy with ... "

************************** SUBSCALE of SCALE: "Overall Happiness" ***

  >>>>>>> SUBSCALE: "Friendship Happiness" : [NUMBER OF QUESTIONS: 3]
    All Users Average/Mean Score: 0.621 All Users SD: 0.25
    SUBSCALE DESCRIPTION: Happiness in your friendships
    INFORMATION AND LINKS, GO TO WEB PAGE: (Meeting, Dating Skills Relationship Harmony
Lonely?)(http://www.csulb.edu/~tstevens/conversational_skills.htm
http://www.csulb.edu/~tstevens/developing_intimacy.htm http://www.csulb.edu/~tstevens/overcoming_loneliness.htm)

============================= SUBSCALE QUESTIONS =======================

    ==> QUESTIONS FOR SUBSCALE: Friendship Happiness
          (SUBSCALE OF SCALE: Overall Happiness)

>> QUESTION: 1. "Happiness with the number and closeness of my friendships, and I see them as often enough.

INSTRUCTIONS: Degree that you are happy with ... "

>> QUESTION: 4. "Happiness with friendships.
  INSTRUCTIONS: Degree that you are happy with ... "

>> QUESTION: 6. "Happiness with relationships at work, school, or job-like setting.
  INSTRUCTIONS: Degree that you are happy with ... "

    ************************** SUBSCALE of SCALE: "Overall Happiness" **

  >>>>>>> SUBSCALE: "Expected Future Happiness" [NUMBER OF QUESTIONS: 1]
   SCALE SCORE==> 1.000 of possible 1.0:   [NUMBER OF QUESTIONS: 1]
    All Users Average/Mean Score: 0.757 All Users SD: 0.235
    SUBSCALE DESCRIPTION: Overall expectation of future happiness. (1 item)
    INFORMATION AND LINKS, GO TO WEB PAGE: (NIL Self-Help Links)(http://www.csulb.edu/~tstevens/NIL
http://www.csulb.edu/~tstevens/self-helpLinks.htm)

    ============================== SUBSCALE QUESTIONS ========================

     ==> QUESTIONS FOR SUBSCALE: Expected Future Happiness
          (SUBSCALE OF SCALE: Overall Happiness)

>> QUESTION: 16. "Overall happiness expected in the future.
  INSTRUCTIONS: Degree that you are happy with ... "

    ************************** SUBSCALE of SCALE: "Overall Happiness" **

  >>>>>>> SUBSCALE: "Happiness to 3 Years Ago" [NUMBER OF QUESTIONS: 1]
    All Users Average/Mean Score: 0.609 All Users SD: 0.261
    SUBSCALE DESCRIPTION: Happiness up to 3 years ago. (1 item)
    INFORMATION AND LINKS, GO TO WEB PAGE: (NIL Self-Help Links)(http://www.csulb.edu/~tstevens/NIL
http://www.csulb.edu/~tstevens/self-helpLinks.htm)

    ============================== SUBSCALE QUESTIONS ========================

     ==> QUESTIONS FOR SUBSCALE: Happiness to 3 Years Ago
          (SUBSCALE OF SCALE: Overall Happiness)

>> QUESTION: 15. "Overall happiness during my entire life up to 3 years ago.
  INSTRUCTIONS: Degree that you are happy with ... "

    ************************** SUBSCALE of SCALE: "Overall Happiness" **

  >>>>>>> SUBSCALE: "Past 3 Years Happiness" :   [NUMBER OF QUESTIONS: 2]
    All Users Average/Mean Score: 0.558 All Users SD: 0.246
    SUBSCALE DESCRIPTION: Happiness in the past 3 years. (1 item)

    INFORMATION AND LINKS, GO TO WEB PAGE: (NIL Self-Help Links)(http://www.csulb.edu/~tstevens/NIL
http://www.csulb.edu/~tstevens/self-helpLinks.htm)
    SUGGESTIONS: Happiness is the result of other factors. Examine your results on the HQ scales for ways you can
improve your happiness. (2 items)

    ============================== SUBSCALE QUESTIONS ========================

     ==> QUESTIONS FOR SUBSCALE: Past 3 Years Happiness
          (SUBSCALE OF SCALE: Overall Happiness)

>> QUESTION: 13. "Overall happiness during the past year.
  INSTRUCTIONS: Degree that you are happy with ... "

>> QUESTION: 14. "Overall happiness during the past year.

INSTRUCTIONS: Degree that you are happy with ... "

>>>>>>>>>>>>>>>>>>>>> OUTCOME CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Low Depression Symptoms and Treatment Scale"   [NUMBER OF QUESTIONS: 6]
    All Users Average/Mean Score: .599 All Users SD: .225
    SCALE DESCRIPTION: Items were developed from the DSM-IV depression diagnosis criteria and written as self-assessment items. The scale also asks the amount of psychotherapy and medication taken for depression. It was scored in reverse so that high scores would mean low depression. Reverse scored. (6 items)
    INFORMATION AND LINKS, GO TO WEB PAGE: (Unhappy-Depressed About Choose Happy Book Depression Causes)(http://www.csulb.edu/~tstevens/depression.htm http://www.csulb.edu/~tstevens/my-peek.htm http://www.csulb.edu/~tstevens/h85cdepr.htm)

      ****************** SUBSCALE of SCALE: "Low Depression Symptoms and Treatment" ********************

  >>>>>>> SUBSCALE: "Low Depression Symptoms" [NUMBER OF QUESTIONS: 4]
    All Users Average/Mean Score: 0.515 All Users SD: 0.255
    SUBSCALE DESCRIPTION: Depression Outcome Subscale-Low clinical depression symptoms
    INFORMATION AND LINKS, GO TO WEB PAGE: (Unhappy-Depressed About Choose Happy Book Depression Causes)(http://www.csulb.edu/~tstevens/depression.htm http://www.csulb.edu/~tstevens/my-peek.htm http://www.csulb.edu/~tstevens/h85cdepr.htm)

      ============================= SUBSCALE QUESTIONS ======================

      ==> QUESTIONS FOR SUBSCALE: Low Depression Symptoms
           (SUBSCALE OF SCALE: Low Depression Symptoms and Treatment)

 >> QUESTION: 1. "I often feel sad, apathetic, listless, or depressed.
   INSTRUCTIONS: Honesty is important for valid results."
 SCORED-REVERSE

 >> QUESTION: 2. "I often feel worthless, very guilty, or think very negative thoughts about my future, the world, death, or myself.
   INSTRUCTIONS: Honesty is important for valid results."
 SCORED-REVERSE

 >> QUESTION: 3. "If you have felt depressed and had 2 or more of the following symptoms regularly, how long have you had them?
  * feel sad, unhappy, or depressed most of the day for most days
  * feel low energy, tiredness most of the time
  * have poor concentration and trouble making decisions
  * feel hopeless or doomed
  * have feelings of low self-esteem
  * have poor appetite or overeat
  * sleep too little or too much most of the time.
   INSTRUCTIONS: Honesty is important for valid results."
 SCORED-REVERSE

 >> QUESTION: 4. "How many times for 2 or more weeks at a time, have you had 5 (or more) of the following symptoms:
 * feel very depressed
 * have markedly less interest or pleasure in almost all daily activities
 * diminished ability to concentrate or think
 * feel worthless and/or very guilty
 * not be able to sleep or sleep much more than usual
 * have very low energy
 * significant weight loss or gain (without effort)
 * move much more slowly (motor retardation) or quickly (agitation) than usual
 * have recurring thoughts of death or suicidal thoughts
   INSTRUCTIONS: Honesty is important for valid results."
 SCORED-REVERSE

********************** SUBSCALE of SCALE: "Low Depression Symptoms and Treatment" ************************

 >>>>>>> SUBSCALE: "Low Depression Treatments" : [NUMBER OF QUESTIONS: 2]
   All Users Average/Mean Score: 0.767 All Users SD: 0.286
   SUBSCALE DESCRIPTION: Depression Outcome Subscale-Low clinical depression therapy and treatments
   INFORMATION AND LINKS, GO TO WEB PAGE: (Unhappy-Depressed About Choose Happy Book Depression
Causes)(http://www.csulb.edu/~tstevens/depression.htm http://www.csulb.edu/~tstevens/my-peek.htm
http://www.csulb.edu/~tstevens/h85cdepr.htm)

   =============================== SUBSCALE QUESTIONS ========================

     ==> QUESTIONS FOR SUBSCALE: Low Depression Treatments
          (SUBSCALE OF SCALE: Low Depression Symptoms and Treatment)

 >> QUESTION: 5. "Length of time that you have been prescribed medication for depression.
   INSTRUCTIONS: Honesty is important for valid results."
SCORED-REVERSE

 >> QUESTION: 6. "Amount of counseling or psychotherapy for depression.
   INSTRUCTIONS: Honesty is important for valid results."
SCORED-REVERSE

   >>>>>>>>>>>>>>>>>>>>>>>>>> OUTCOME CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<

   ====> SCALE: "Anxiety Symptoms and Treatment Scale"   [NUMBER OF QUESTIONS: 9]
     All Users Average/Mean Score: .719 All Users SD: .183
     SCALE DESCRIPTION: Items were developed from the DSM-IV anxiety disorder diagnosis criteria and written as self-
assessment items. The scale also asks the amount of psychotherapy and medication taken for anxiety-related disorders.
Included were phobias and some obsession and compulsion-related items. Reverse scored. (9 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Anxiety About Choose Happy Book
NIL)(http://www.csulb.edu/~tstevens/anxiety.htm http://www.csulb.edu/~tstevens/my-peek.htm
http://www.csulb.edu/~tstevens/NIL)

     ***************** SUBSCALE of SCALE: "Anxiety Symptoms and Treatment" *****************************

 >>>>>>> SUBSCALE: "Low General or Performance Anxiety" : [NUMBER OF QUESTIONS: 4]
     All Users Average/Mean Score: 0.573 All Users SD: 0.237
   SUBSCALE DESCRIPTION: Low generaly anxiety or anxiety about performance
   INFORMATION AND LINKS, GO TO WEB PAGE: (Anxiety About Choose Happy Book
NIL)(http://www.csulb.edu/~tstevens/anxiety.htm http://www.csulb.edu/~tstevens/my-peek.htm
http://www.csulb.edu/~tstevens/NIL)

   =============================== SUBSCALE QUESTIONS ========================

     ==> QUESTIONS FOR SUBSCALE: Low General or Performance Anxiety
          (SUBSCALE OF SCALE: Anxiety Symptoms and Treatment)

 >> QUESTION: 1. "Do you feel excessively nervous or anxious when speaking or performing in front of others.
   INSTRUCTIONS: Degree/accuracy this statement describes you."
SCORED-REVERSE

 >> QUESTION: 2. "Do you worry or feel nervous or anxious almost all of the time?
   INSTRUCTIONS: Degree/accuracy this statement describes you."
SCORED-REVERSE

 >> QUESTION: 3. "Do you suffer from post-traumatic stress symptoms?
[Were you ever exposed to some life-threatening, abusive, or shocking traumatic event(s) where you felt extremely
frightened and helpless AND still have frequent episodes of flashbacks, numbness, detachment, distress, avoidance of
similar situations, or other symptoms that significantly interfere in your life?]
   INSTRUCTIONS: Degree/accuracy this statement describes you."
SCORED-REVERSE

>> QUESTION: 4. "Do you feel very nervous or anxious almost any time you are with other people?
   INSTRUCTIONS: Degree/accuracy this statement describes you."
SCORED-REVERSE

      ******************** SUBSCALE of SCALE: "Anxiety Symptoms and Treatment" ******************************

  >>>>>>> SUBSCALE: "Low Fears, Phobias, or OCD" [NUMBER OF QUESTIONS: 3]
    All Users Average/Mean Score: 0.774 All Users SD: 0.211
    SUBSCALE DESCRIPTION: Low fears, phobias, and obsessive-compulsive disorder symptoms
    INFORMATION AND LINKS, GO TO WEB PAGE: (Anxiety About Choose Happy Book
NIL)(http://www.csulb.edu/~tstevens/anxiety.htm http://www.csulb.edu/~tstevens/my-peek.htm
http://www.csulb.edu/~tstevens/NIL)

      ============================== SUBSCALE QUESTIONS =======================

      ==> QUESTIONS FOR SUBSCALE: Low Fears, Phobias, or OCD
           (SUBSCALE OF SCALE: Anxiety Symptoms and Treatment)

 >> QUESTION: 5. "How many times have you had a lasting problem with obsessions or compulsions?
[Obsessions definition: recurring, uncontrollable thoughts or images that you cannot get out of your mind, and cause
distress.
Compulsions definition: repeating outward or mental acts (e.g. washing, ordering, checking, praying, counting, repeating
words) because one feels compelled to.
Both obsessions and compulsions are usually not realistically connected to any immediate outside problem or are
excessive.]
   INSTRUCTIONS: Degree/accuracy this statement describes you."
SCORED-REVERSE

 >> QUESTION: 6. "How many genuine phobias do you think you have?
[Phobia definition: repeated intense, excessive, and unreasonable fear or anxiety elicited by a specific object, animal, or
situation. Or, do you have a fear of almost all social contact?]
   INSTRUCTIONS: Degree/accuracy this statement describes you."

 >> QUESTION: 7. "About how many genuine panic attacks have you had during the past 5 years?

[Panic attack definition: four or more of the following symptoms together for 10 minutes or more:
   pounding heart; trembling; trouble breathing; chest pain; feeling dizzy;   feeling detached or numb; plus fears of dying,
going crazy, or losing control]
   INSTRUCTIONS: Degree/accuracy this statement describes you."
SCORED-REVERSE

      ************** SUBSCALE of SCALE: "Anxiety Symptoms and Treatment" ************************

  >>>>>>> SUBSCALE: "Low Anxiety Treatments" : [NUMBER OF QUESTIONS: 2]
    All Users Average/Mean Score: 0.832 All Users SD: 0.259
    SUBSCALE DESCRIPTION: Low amount of anxiety disorder therapy or other treatments
    INFORMATION AND LINKS, GO TO WEB PAGE: (Anxiety About Choose Happy Book
NIL)(http://www.csulb.edu/~tstevens/anxiety.htm http://www.csulb.edu/~tstevens/my-peek.htm
http://www.csulb.edu/~tstevens/NIL)

      ============================== SUBSCALE QUESTIONS =======================

      ==> QUESTIONS FOR SUBSCALE: Low Anxiety Treatments
           (SUBSCALE OF SCALE: Anxiety Symptoms and Treatment)

 >> QUESTION: 8. "Amount of counseling or psychotherapy for excessive stress, anxiety, obsessions/compulsions,
phobias, or panic disorder.
   INSTRUCTIONS: Degree/accuracy this statement describes you."
SCORED-REVERSE

 >> QUESTION: 9. "Length of time that you have been prescribed medication for anxiety, obsessions/compulsions,
phobias, or panic disorder.

INSTRUCTIONS: Degree/accuracy this statement describes you."

>>>>>>>>>>>>>>>>>>>>> OUTCOME CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<

====> SCALE: "Low Anger-Aggression Scale"   [NUMBER OF QUESTIONS: 5]
  All Users Average/Mean Score: .772 All Users SD: .163
  SCALE DESCRIPTION: Items include frequency of losing temper, name-calling/yelling, aggressive acts, and thoughts about getting even. Anger-related problems--such as aggressive, threatening, dominating, violent, or abusive behavior. Often accompanied by feelings of loneliness, being unloved, not being understood, or persecution. Reverse scored. (5 items)
  INFORMATION AND LINKS, GO TO WEB PAGE: (Anger-Aggression About Choose Happy Book)(http://www.csulb.edu/~tstevens/b-anger.htm http://www.csulb.edu/~tstevens/my-peek.htm)

  ============================== SCALE QUESTION RESULTS ==============================
  >>>>>>>>>>>   QUESTION RESULTS FOR SCALE: "Low Anger-Aggression"

>> QUESTION: 1. "How often do you get angry and lose your temper?
  INSTRUCTIONS: Give your best estimate. Honesty is very important for helpful results."
SCORED-REVERSE

>> QUESTION: 2. "How often do you yell at someone or call someone hurtful names?
  INSTRUCTIONS: Give your best estimate. Honesty is very important for helpful results."
SCORED-REVERSE

>> QUESTION: 3. "How often do you get someone to do what you want by criticizing them, out-talking them, getting angry, or threatening them.
  INSTRUCTIONS: Give your best estimate. Honesty is very important for helpful results."
SCORED-REVERSE

>> QUESTION: 4. "How often do you think about getting even with someone who has hurt you?
  INSTRUCTIONS: Give your best estimate. Honesty is very important for helpful results."
SCORED-REVERSE

>> QUESTION: 5. "How often do you damage objects or property, hurt animals or people purposely, or break the law?
  INSTRUCTIONS: Give your best estimate. Honesty is very important for helpful results."
SCORED-REVERSE

  >>>>>>>>>>>>>>>>>>>>>>>>> OUTCOME CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Physical Health Scale"   [NUMBER OF QUESTIONS: 6]
  All Users Average/Mean Score: .702 All Users SD: .133
  SCALE DESCRIPTION: General indicators of your physical health. Frequency of illness, alcohol and drug use, weight, and conditioning estimates. (6 items)
  INFORMATION AND LINKS, GO TO WEB PAGE: (Health Habits)(http://www.csulb.edu/~tstevens/health tips.htm)

    *************************** SUBSCALE of SCALE: "Physical Health" **

  >>>>>>> SUBSCALE: "Low Addictive Habits" :   [NUMBER OF QUESTIONS: 3]
  All Users Average/Mean Score: 0.776 All Users SD: 0.181
  SUBSCALE DESCRIPTION: Health Outcome Subscale--Low addictive habits (smoking, alcohol, drugs). (3 items)
  INFORMATION AND LINKS, GO TO WEB PAGE: (Substance Abuse Stop Smoking Weight Control Is Radical Change Possible?)(http://www.csulb.edu/~tstevens/substance_abuse.htm http://www.csulb.edu/~tstevens/smoking.htm http://www.csulb.edu/~tstevens/weight_control.htm http://www.csulb.edu/~tstevens/h31chang.htm)

    ============================== SUBSCALE QUESTIONS =======================

    ==> QUESTIONS FOR SUBSCALE: Low Addictive Habits
          (SUBSCALE OF SCALE: Physical Health)

>> QUESTION: 2. "How many drinks of alcohol do you average?
  INSTRUCTIONS: What best describes your health and your habits?"

SCORED-REVERSE

 >> QUESTION: 3. "How often do you use cigarettes or other tobacco products?
   INSTRUCTIONS: What best describes your health and your habits?"
SCORED-REVERSE

 >> QUESTION: 4. "How many often do you take illegal drugs on average?
   INSTRUCTIONS: What best describes your health and your habits?"
SCORED-REVERSE

      ************************** SUBSCALE of SCALE: "Physical Health" ***

  >>>>>>> SUBSCALE: "Low Illness Frequency" [NUMBER OF QUESTIONS: 1]
    All Users Average/Mean Score: 0.659 All Users SD: 0.245
   SUBSCALE DESCRIPTION: Health Outcomes Subscale Low Frequency of Illness. (1 item)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Health Habits)(http://www.csulb.edu/~tstevens/health tips.htm)

      ============================== SUBSCALE QUESTIONS ========================

     ==> QUESTIONS FOR SUBSCALE: Low Illness Frequency
           (SUBSCALE OF SCALE: Physical Health)

 >> QUESTION: 1. "How often did you get sick the past 3 years?
   INSTRUCTIONS: What best describes your health and your habits?"
SCORED-REVERSE

      ************************** SUBSCALE of SCALE: "Physical Health" ***

  >>>>>>> SUBSCALE: "Physical Exercise, Low Weight" [NUMBER OF QUESTIONS: 2]
    All Users Average/Mean Score: 0.683 All Users SD: 0.272
   SUBSCALE DESCRIPTION: Health Outcome Subscale--physical excercise, low weight.(2 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Weight Control)(http://www.csulb.edu/~tstevens/weight_control.htm)

      ============================== SUBSCALE QUESTIONS ========================

     ==> QUESTIONS FOR SUBSCALE: Physical Exercise, Low Weight
           (SUBSCALE OF SCALE: Physical Health)

 >> QUESTION: 5. "How would you describe your physical conditioning?
   INSTRUCTIONS: What best describes your health and your habits?"

 >> QUESTION: 6. "How would you describe your weight?
   INSTRUCTIONS: What best describes your health and your habits?"

  >>>>>>>>>>>>>>>>>>>>>>>>>> OUTCOME CATEGORY SCALE <<<<<<<<<<<<<<<<<<<<<<<<

  ====> SCALE: "Interpersonal Relations Scale"   [NUMBER OF QUESTIONS: 7]
    All Users Average/Mean Score: .521 All Users SD: .153
   SCALE DESCRIPTION: Number and quality of friends, happiness in marital-like relationship, and work relationships. (7
items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Meeting, Dating Skills Assertion Training
Lonely?)(http://www.csulb.edu/~tstevens/conversational_skills.htm http://www.csulb.edu/~tstevens/assertion_training.htm
http://www.csulb.edu/~tstevens/overcoming_loneliness.htm)

      ************************** SUBSCALE of SCALE: "Interpersonal Relations" ***

  >>>>>>> SUBSCALE: "Close Friends" [NUMBER OF QUESTIONS: 2]
    All Users Average/Mean Score: 0.215 All Users SD: 0.136
   SUBSCALE DESCRIPTION: Relationship Outcome--Friendship Closeness. Quality of close friends. (2 items)
   INFORMATION AND LINKS, GO TO WEB PAGE: (Meeting, Dating Skills Relationship
Harmony)(http://www.csulb.edu/~tstevens/conversational_skills.htm
http://www.csulb.edu/~tstevens/developing_intimacy.htm)

============================== SUBSCALE QUESTIONS ========================

==> QUESTIONS FOR SUBSCALE: Close Friends
     (SUBSCALE OF SCALE: Interpersonal Relations)

>> QUESTION: 3. "I have developed an extensive, close network of friends and career-related persons with whom I share support and information.
   INSTRUCTIONS: Honest answers give better results."

>> QUESTION: 4. "In my life I have had a number of extremely close friends with whom I could discuss my innermost secrets, weaknesses, and problems.
   INSTRUCTIONS: Honest answers give better results."

************************* SUBSCALE of SCALE: "Interpersonal Relations" ***

>>>>>>> SUBSCALE: "Romantic Relationships" : [NUMBER OF QUESTIONS: 2]
  All Users Average/Mean Score: 0.63 All Users SD: 0.311
  SUBSCALE DESCRIPTION: Success in romantic relationships
  INFORMATION AND LINKS, GO TO WEB PAGE: (Meeting, Dating Skills Lonely? Lonely or Rejected?)(http://www.csulb.edu/~tstevens/conversational_skills.htm http://www.csulb.edu/~tstevens/overcoming_loneliness.htm http://www.csulb.edu/~tstevens/c-rejct.htm)

============================== SUBSCALE QUESTIONS ========================

==> QUESTIONS FOR SUBSCALE: Romantic Relationships
     (SUBSCALE OF SCALE: Interpersonal Relations)

>> QUESTION: 2. "I have (or have had) a very happy marital -- or marital-like relationship with someone for an extended period of time.
   INSTRUCTIONS: Honest answers give better results."

>> QUESTION: 7. "Degree of commitment to an intimate(romantic) relationship (lasting at least 3 months)
   INSTRUCTIONS: Honest answers give better results."

************************* SUBSCALE of SCALE: "Interpersonal Relations" ***

>>>>>>> SUBSCALE: "Number of Friends" : [NUMBER OF QUESTIONS: 2]
  All Users Average/Mean Score: 0.305 All Users SD: 0.204
  SUBSCALE DESCRIPTION: Relationship Outcome--Number of Friends.(2 items)
  INFORMATION AND LINKS, GO TO WEB PAGE: (Meeting, Dating Skills Lonely? Lonely or Rejected?)(http://www.csulb.edu/~tstevens/conversational_skills.htm http://www.csulb.edu/~tstevens/overcoming_loneliness.htm http://www.csulb.edu/~tstevens/c-rejct.htm)

============================== SUBSCALE QUESTIONS ========================

==> QUESTIONS FOR SUBSCALE: Number of Friends
     (SUBSCALE OF SCALE: Interpersonal Relations)

>> QUESTION: 5. "Approximate number of friends in general with whom you interact socially -- outside of work or school settings--at least once a month.
   INSTRUCTIONS: Honest answers give better results."

>> QUESTION: 6. "Approximate number of EXTREMELY CLOSE friendships with which you are VERY SATISFIED.
   INSTRUCTIONS: Honest answers give better results."
************************* SUBSCALE of SCALE: "Interpersonal Relations" ***

>>>>>>> SUBSCALE: "Happy, Successful Friends" [NUMBER OF QUESTIONS: 2]
   All Users Average/Mean Score: 0.623 All Users SD: 0.232
  SUBSCALE DESCRIPTION: Relationship Outcome--Happy, Successful Friends. (1 item)

============================== SUBSCALE QUESTIONS ========================

==> QUESTIONS FOR SUBSCALE: Happy, Successful Friends
(SUBSCALE OF SCALE: Interpersonal Relations)

>> QUESTION: 2. "I have (or have had) a very happy marital -- or marital-like relationship with someone for an extended period of time.
   INSTRUCTIONS: Honest answers give better results."

>> QUESTION: 7. "Degree of commitment to an intimate(romantic) relationship (lasting at least 3 months)
   INSTRUCTIONS: Honest answers give better results."

■■■

QUESTIONS THAT ARE NOT SCORED

>>>>>>>>>>>>>>>>>> QUESTIONS NOT IN ANY SCALE <<<<<<<<<<<<<<<<<<

FROM THE SHAQ INTRODUCTION:
   DATE: Date: 9.28.2015 Time: 13:37
      Name: John Doe   User ID: 222222   Sex: Male   Age: 22   Email:
         Nation: USA   Zip Code: 22222   Hours Work per Week: 22

OTHER QUESTIONS:

>> QUESTION: 1. "Your Highest personal income for one year.
   INSTRUCTIONS: Please be as accurate as you can."

>> MULTI-SELECTION QUESTION: "==> FIND YOUR HAPPINESS QUOTIENT (HQ). Research shows that 75% of people's overall happiness score is accounted for by the SHAQ HQ score (Stevens, 2009). Your HQ values, beliefs, and life skills may be powerful influences on your past, current, and future happiness. HQ factors are CONTROLLABLE factors: you can choose to be happy by improving them. ==> Why are you taking SHAQ?"
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): Want a thorough assessment and/or my Happiness Quotient (HQ) Score. [1]; Want to understand myself better. [0]; Want help with a general problem(s). [0]; Want help for specific problem(s). [0]; Experienced self help user. [0]; Previous SHAQ user. [0]; I want to choose specific questionnaire(s). [0]; I'm a CSULB student completing UNIV 100 assignment [0]; Other CSULB student. [0]; Other college student. [0]; Other type of student. [0]; Subject in a SHAQ research project. [0]; College faculty member or administrator. [0]; Other or None of above. [0]

>> MULTI-SELECTION QUESTION: "Your Self-Help GOALS: * Check ALL that you want SHAQ to help with. * Check an HQ BOX if you want your HQ,HAPPINESS QUOTIENT Score. "
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): More success and happiness. [1]; Improve coping with emotions. [0]; More self esteem. [0]; More self motivation or less procrastination. [0]; Better time management or control of my life. [0]; Better marriage or relationships of any type. [0]; Improve meeting people, dating more, etc.. [0]; Overcoming loneliness, fear of being alone, or fear of rejection. [0]; Understanding myself and my motivation. [0]; Coping with unhappiness, apathy, grief, or depression. [0]; Coping with stress, anxiety, fear, or guilt. [0]; Coping with anger or aggression. [0]; Better grades and/or academic success. [0]; HQ score and complete SHAQ INCLUDING academic success & college-major choice (60-110 minutes?). [1]; HQ score and complete SHAQ EXCEPT major choice (45-100 minutes?). [0]; HQ score and complete

SHAQ EXCEPT academic success & college-major choice (40-90 minutes?). [0]; ACADEMIC SUCCESS ONLY (NO HQ or college-major choice). [0]; Help choosing a major or career (additional 10-20 minutes). [0]; I ONLY want help choosing a college major. [0]; I'm NOT interested in SHAQ for my own self help. [0]

  >> MULTI-SELECTION QUESTION: "Select ALL of the following that best describe your primary OCCUPATION.=> If you have multiple occupations, choose all of them."
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): Student [1]; Manager/executive [0]; People-related professional [0]; Technical Professional [0]; Professional Consultant [0]; Educator [0]; Sales [0]; Technician [0]; Clerical [0]; Service employee [0]; Own business +10 employees [0]; Other self-employed [0]; Other [0]

  >> MULTI-SELECTION QUESTION: "Check ALL the languages you SPEAK FLUENTLY"
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): English [1]; Spanish [0]; Vietnamese [0]; Cambodian [0]; Chinese [0]; Korean [0]; Portuguese [0]; German [0]; French [0]; Middle-Eastern [0]; Other Asian [0]; Other European [0]; Other [0]

  >> MULTI-SELECTION QUESTION: "Which is your PRIMARY ETHNIC GROUP origin (May choose multiple if mixed ethnicity). "
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): North America [1]; Africa [0]; Northern Europe [0]; Southern Europe [0]; Middle-Eastern [0]; Cambodia [0]; China [0]; Korea [0]; Japan [0]; Vietnam [0]; Other Asian [0]; Mexico [0]; Central America [0]; South America [0]; Pacific Island [0]; Other [0]

  >> MULTI-SELECTION QUESTION: "What is your primary RELIGIOUS preference? (May choose multiple.) "
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): Catholic [1]; Jewish [0]; Latter Day Saints--Morman [0]; Buddhist [0]; [0]; Protestant--Baptist [0]; Protestant--United Methodist [0]; Protestant--Episcopal [0]; Protestant--Lutheran [0]; Protestant--Presbyterian [0]; Protestant--Other Liberal [0]; Protestant--Other Fundamentalist or Conservative [0]; No affiliation [0]; Agnostic or Atheist [0]; Other or prefer not to answer [0]

  >> MULTI-SELECTION QUESTION: "Check ALL the colleges that you currently attend:"
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): California State University, Long Beach [1]; Another Calif State University campus [0]; Technical school [0]; A University of California campus [0]; A public university in another state [0]; Private university in California [0]; Community college in California [0]; College or university in another nation [0]; College or university in another nation [0]; Graduate school independent of a college [0]; Technical school [0]; High school [0]; Unsure or Other [0]

  >> MULTI-SELECTION QUESTION: "What type(s) of academic major(s) do you have?"
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): Liberal arts (a language, history, etc.) [0]; Social or behavioral science (psychology, sociology, etc.) [0]; Biological science [0]; Art [0]; Other natural science (physics, chemistry, etc.) [0]; Business [0]; Engineering [0]; Education [0]; Medical or health-related [0]; Other computer-related [0]; Other technical [0]; Recreation or physical education-related [0]; Does not apply [0]; Undecided or don't know [0]

  >> MULTI-SELECTION QUESTION: "Check ALL that apply to you."
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): Transfered from a community college to 4-year college [0]; Transfered from another 4-year college [0]; Adult returning to school [0]; EOP Student [0]; U.S. Immigrant [0]; Here on student Visa [0]; In Honors program [0]; Visa Student [0]; Disabled student [0]; Out of state student [0]; Military--active or veteran [0]; Athlete on college team [0]; None of above [0]

  >> MULTI-SELECTION QUESTION: "Which item(s) best describe(s) your living situation?"
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): SINGLE--Live WITH PARENTS [1]; SINGLE--Live IN DORMS [0]; SINGLE caring for children [0]; SINGLE--Other situation [0]; MARRIED without children [0]; MARRIED with children [0]; MARITAL-LIKE RELATIONSHIP [0]; OTHER [0]

  >> MULTI-SELECTION QUESTION: "What best describes your GRADE AVERAGE TREND or changes?"
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): CONSISTENTLY HIGH (3.0-4.0) [1]; INCREASED significantly after an ABSENCE from school [0]; INCREASED significantly within that past year or so [0]; INCREASED significantly a few semesters ago [0]; Was LOWER, but has GRADUALLY INCREASED. [0]; CONSISTENTLY AVERAGE (2.0-3.0) [0]; DECREASED

significantly a few semesters ago [0]; DECREASED significantly within the past year or so [0]; CONSISTENTLY LOW (less than 2.0) [0]; UP and DOWN dramatically in recent years [0]; Other [0]

>> MULTI-SELECTION QUESTION: "Which items interfere with your studying and/or grades?"
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): Financial worries [1]; Family pressures [0]; Family responsibilities [0]; Time spent working in a job [0]; Family pressures [0]; Relationship problems [0]; Loneliness [0]; No good place to study where I live [0]; No good place to study at school [0]; Lack of adequate computer availability [0]; Taking the wrong classes [0]; Lack of connection with faculty [0]; Lack of connection with students [0]; Low motivation to study [0]; Too many conflicting things to do [0]; Procrastinate too much [0]

>> MULTI-SELECTION QUESTION: "==> FIND YOUR HAPPINESS QUOTIENT (HQ). Research shows that 75% of people's overall happiness score is accounted for by the SHAQ HQ score (Stevens, 2009). Your HQ values, beliefs, and life skills may be powerful influences on your past, current, and future happiness. HQ factors are CONTROLLABLE factors: you can choose to be happy by improving them. ==> Why are you taking SHAQ?"
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): Want a thorough assessment and/or my Happiness Quotient (HQ) Score. [1]; Want to understand myself better. [0]; Want help with a general problem(s). [0]; Want help for specific problem(s). [0]; Experienced self help user. [0]; Previous SHAQ user. [0]; I want to choose specific questionnaire(s). [0]; I'm a CSULB student completing UNIV 100 assignment [0]; Other CSULB student. [0]; Other college student. [0]; Other type of student. [0]; Subject in a SHAQ research project. [0]; College faculty member or administrator. [0]; Other or None of above. [0]

>> MULTI-SELECTION QUESTION: "Your Self-Help GOALS: * Check ALL that you want SHAQ to help with. * Check an HQ BOX if you want your HQ,HAPPINESS QUOTIENT Score. "
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): More success and happiness. [1]; Improve coping with emotions. [0]; More self esteem. [0]; More self motivation or less procrastination. [0]; Better time management or control of my life. [0]; Better marriage or relationships of any type. [0]; Improve meeting people, dating more, etc.. [0]; Overcoming loneliness, fear of being alone, or fear of rejection. [0]; Understanding myself and my motivation. [0]; Coping with unhappiness, apathy, grief, or depression. [0]; Coping with stress, anxiety, fear, or guilt. [0]; Coping with anger or aggression. [0]; Better grades and/or academic success. [0]; HQ score and complete SHAQ INCLUDING academic success & college-major choice (60-110 minutes?). [1]; HQ score and complete SHAQ EXCEPT major choice (45-100 minutes?). [0]; HQ score and complete SHAQ EXCEPT academic success & college-major choice (40-90 minutes?). [0]; ACADEMIC SUCCESS ONLY (NO HQ or college-major choice). [0]; Help choosing a major or career (additional 10-20 minutes). [0]; I ONLY want help choosing a college major. [0]; I'm NOT interested in SHAQ for my own self help. [0]

>> MULTI-SELECTION QUESTION: "Select ALL of the following that best describe your primary OCCUPATION.=> If you have multiple occupations, choose all of them."
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): Student [1]; Manager/executive [0]; People-related professional [0]; Technical Professional [0]; Professional Consultant [0]; Educator [0]; Sales [0]; Technician [0]; Clerical [0]; Service employee [0]; Own business +10 employees [0]; Other self-employed [0]; Other [0]

>> MULTI-SELECTION QUESTION: "Check ALL the languages you SPEAK FLUENTLY"
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): English [1]; Spanish [0]; Vietnamese [0]; Cambodian [0]; Chinese [0]; Korean [0]; Portuguese [0]; German [0]; French [0]; Middle-Eastern [0]; Other Asian [0]; Other European [0]; Other [0]

>> MULTI-SELECTION QUESTION: "Which is your PRIMARY ETHNIC GROUP origin (May choose multiple if mixed ethnicity). "
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): North America [1]; Africa [0]; Northern Europe [0]; Southern Europe [0]; Middle-Eastern [0]; Cambodia [0]; China [0]; Korea [0]; Japan [0]; Vietnam [0]; Other Asian [0]; Mexico [0]; Central America [0]; South America [0]; Pacific Island [0]; Other [0]

>> MULTI-SELECTION QUESTION: "What is your primary RELIGIOUS preference? (May choose multiple.) "
   INSTRUCTIONS: "Select ALL that apply to you"
   YOUR ANSWERS (1=Checked): Catholic [1]; Jewish [0]; Latter Day Saints--Morman [0]; Buddhist [0]; [0]; Protestant--Baptist [0]; Protestant--United Methodist [0]; Protestant--Episcopal [0]; Protestant--Lutheran [0]; Protestant--Presbyterian [0]; Protestant--Other Liberal [0]; Protestant--Other Fundamentalist or Conservative [0]; No affiliation [0]; Agnostic or Atheist [0]; Other or prefer not to answer [0]

>> MULTI-SELECTION QUESTION: "What type of family were you primarily raised in?"
  INSTRUCTIONS: "Select ALL that apply to you"
  YOUR ANSWERS (1=Checked): Your number of OLDER Brothers (0 to ?) [1]; Your number of OLDER Sisters (0 to ?) [1]; Your number of YOUNGER Brothers (0 to ?) [1]; Your number of YOUNGER Sisters (0 to ?) [1]; Raised primarily by 2 PARENTS [1]; Raised primarily by SINGLE MOM [0]; Raised primarily by SINGLE DAD [0]; Not raised by my parents [0]; Raised by other than parents [0]

>> MULTI-SELECTION QUESTION: "Check ALL the colleges that you currently attend:"
  INSTRUCTIONS: "Select ALL that apply to you"
  YOUR ANSWERS (1=Checked): California State University, Long Beach [1]; Another Calif State University campus [0]; Technical school [0]; A University of California campus [0]; A public university in another state [0]; Private university in California [0]; Community college in California [0]; College or university in another nation [0]; College or university in another nation [0]; Graduate school independent of a college [0]; Technical school [0]; High school [0]; Unsure or Other [0]

>> MULTI-SELECTION QUESTION: "What type(s) of academic major(s) do you have?"
  INSTRUCTIONS: "Select ALL that apply to you"
  YOUR ANSWERS (1=Checked): Liberal arts (a language, history, etc.) [0]; Social or behavioral science (psychology, sociology, etc.) [0]; Biological science [0]; Art [0]; Other natural science (physics, chemistry, etc.) [0]; Business [0]; Engineering [0]; Education [0]; Medical or health-related [0]; Other computer-related [0]; Other technical [0]; Recreation or physical education-related [0]; Does not apply [0]; Undecided or don't know [0]

>> MULTI-SELECTION QUESTION: "Check ALL that apply to you."
  INSTRUCTIONS: "Select ALL that apply to you"
  YOUR ANSWERS (1=Checked): Transfered from a community college to 4-year college [0]; Transfered from another 4-year college [0]; Adult returning to school [0]; EOP Student [0]; U.S. Immigrant [0]; Here on student Visa [0]; In Honors program [0]; Visa Student [0]; Disabled student [0]; Out of state student [0]; Military--active or veteran [0]; Athlete on college team [0]; None of above [0]

>> MULTI-SELECTION QUESTION: "Which item(s) best describe(s) your living situation?"
  INSTRUCTIONS: "Select ALL that apply to you"
  YOUR ANSWERS (1=Checked): SINGLE--Live WITH PARENTS [1]; SINGLE--Live IN DORMS [0]; SINGLE caring for children [0]; SINGLE--Other situation [0]; MARRIED without children [0]; MARRIED with children [0]; MARITAL-LIKE RELATIONSHIP [0]; OTHER [0]

>> MULTI-SELECTION QUESTION: "What best describes your GRADE AVERAGE TREND or changes?"
  INSTRUCTIONS: "Select ALL that apply to you"
  YOUR ANSWERS (1=Checked): CONSISTENTLY HIGH (3.0-4.0) [1]; INCREASED significantly after an ABSENCE from school [0]; INCREASED significantly within that past year or so [0]; INCREASED significantly a few semesters ago [0]; Was LOWER, but has GRADUALLY INCREASED. [0]; CONSISTENTLY AVERAGE (2.0-3.0) [0]; DECREASED significantly a few semesters ago [0]; DECREASED significantly within the past year or so [0]; CONSISTENTLY LOW (less than 2.0) [0]; UP and DOWN dramatically in recent years [0]; Other [0]

>> MULTI-SELECTION QUESTION: "Which items interfere with your studying and/or grades?"
  INSTRUCTIONS: "Select ALL that apply to you"
  YOUR ANSWERS (1=Checked): Financial worries [1]; Family pressures [0]; Family responsibilities [0]; Time spent working in a job [0]; Family pressures [0]; Relationship problems [0]; Loneliness [0]; No good place to study where I live [0]; No good place to study at school [0]; Lack of adequate computer availability [0]; Taking the wrong classes [0]; Lack of connection with faculty [0]; Lack of connection with students [0]; Low motivation to study [0]; Too many conflicting things to do [0]; Procrastinate too much [0]

INFORMATION FOR USERS RELATED TO THEIR RESULTS

PART 3: USING YOUR SHAQ RESULTS

The value of your results: many of these scales and questions have been supported through previous research on more than 6,000 people. Our previous research and the research of many others has shown how important life skills (and other SHAQ factors) are for achieving success and happiness in college, career, marriage and other relationships, and other life areas. This web site has self-help information and internet links for developing life skills that can eventually make a significant difference in your life.

TO DEVELOP YOUR LIFE SKILLS, FOLLOW OUR INTERNET LINKS, take courses, get psychological or other) counseling, go to workshops, and read related books.

WHAT CHANGES CAN INCREASE YOUR SUCCESS AND HAPPINESS MOST?
You may want to focus your efforts on your lowest-scoring areas or on areas where you are the most unhappy. These are areas that may significantly affect your happiness, relationships, academic or career success, or other emotions or life areas.

We strongly suggest that you:
1. GO TO OUR WEB SITE HELP LINKS provided and examine the brief suggestions for each area. (All information is including Dr. Stevens' book is FREE.)
CLICK ON THE INTERNET HELP LINKS in the bottom SELF-HELP WINDOW (under the results help) to bring that web page into the right window (under the results text).
2. SET GOALS AND PLAN: Start with one or two areas you think will make the greatest impact upon your success and happiness. set goals for what you want to accomplish, use our web site to help you plan, make your plan a priority, and get started. spending only a little time each week can make a huge difference over time.
THOSE LITTLE BITS OF EXTRA EFFORT USUALLY SEPARATE THE MOST SUCCESSFUL AND HAPPY FROM OTHERS IN THE LONG RUN.
3. Follow additional links provided at our web site to get direct help.
4. GET ADDITIONAL HELP from counseling, classes, books, or other resources suggested on our web page. we wish you good fortune in your efforts.

YOUR PERSONALIZED LISTS OF RECOMMENDED SELF-HELP INTERNET LINKS:
These help-links lists have been prepared especially for you based upon your SHAQ scores and upon our research results revealing the factors that seem to have the greatest impact upon peoples' happiness and success. The first list is the help-links list calculated to be the most important for you, and the second list is a list of additional help-links that might be useful to you. Of course your own priorities of what aspects of yourself you want to develop and are MOST MOTIVATED TO DEVELOP should be of prime importance. Also, try to understand how developing some deeper factors that are ROOT CAUSES of HAPPINESS and SUCCESS could be of greater help to you than some factors that may seem more obvious to you now.

NOTE FOR COLLEGE STUDENTS: If you are a college student, you have a great opportunity in college to improve life skills while in college. college courses, student activities, counseling, workshops, and reading can help you develop life skills such as interpersonal skills, self-management skills, and thinking skills that can increase your success and happiness.

IF YOU ARE UNHAPPY WITH YOUR RESULTS: SHAQ was designed so that only people with extremely high levels of skills or other attributes would score high on most scales. the purpose of shaq is to help everyone find areas for self-improvement--even people with high levels of the attributes. Receiving more moderate scores (and many recommendations for improvement) does not indicate that there is something wrong with you, it is meant only to help you find many possibilities to grow and find higher levels of success and happiness. Also, if you are a person who is very self-critical, you may have underrated yourself. On the other hand, if you are someone who is somewhat self-deceptive and received extremely high scores, you may have overrated yourself.

YOUR PERSONALIZED LISTS OF RECOMMENDED SELF-HELP INTERNET LINKS:

These help-links lists have been prepared especially for you based upon your SHAQ scores and upon our research results revealing the factors that seem to have the greatest impact upon peoples' happiness and success. The first list is the help-links list calculated to be the most important for you, and the second list is a list of additional help-links that might be useful to you. Of course your own priorities of what aspects of yourself you want to develop and are MOST MOTIVATED TO DEVELOP should be of prime importance. Please also try to understand how developing some possibly deeper factors that are root causes of happiness and success could be of greater help to you than some factors that may seem more obvious to you now.

>>>>>>>>>>>>>>>>>>> YOUR HIGHER PRIORITY HELP-LINKS: [EXAMPLES]
>>> LINK-NAME: Ch4 Positive World View   URL: http://www.csulb.edu/~tstevens/h4world.htm
     DESCRIPTION: Ch-4: Create a Positive World by Adopting a Positive World View
>>> LINK-NAME: Ch6 Internal Control   URL: http://www.csulb.edu/~tstevens/h6intern.htm
     DESCRIPTION: Ch-6: From External to Internal Control of Your Life
>>> LINK-NAME: Clarify Life Goals-Values   URL: http://www.csulb.edu/~tstevens/life_goals_and_meaning.htm
     DESCRIPTION: Clarify your Life Goals and Meaning
>>> LINK-NAME: Anger-Aggression   URL: http://www.csulb.edu/~tstevens/b-anger.htm
     DESCRIPTION: Overcome Anger and Aggression

IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII
WE WISH YOU A LIFE FILLED WITH HEALTH, SUCCESS, AND HAPPINESS

APPENDIX A: SCORING OF SHAQ HQ SCORE

The following scales/subscales (see research paper for meaning of symbols) were used for calculating SHAQ. Each symbol is a scale or subscale with the regression weight included inside the parens with it. This shows the weight given to all SHAQ scales and/or subscales in the HQ calculation. The HQ regression equation is a sum of each weight times the user relative score for that scale/subscale. Note: the weights are generally the Person correlation between the individual scale score and the overall happiness score.

THE FINAL HQ (Happiness Quotient) FORMULA AFTER THE REGRESSION SCORE IS CALCULATED

HQss = (+   (*   (- rawHQRegressionScore 13.3727) (/ 10 2.60388)) 100)

[NOTE: Adjustments (13.3727 and 2.60388) are made so that the score would be analogous to IQ scores with a mean = 100 and standard-devaltion = 10.]

HQ-SCALE-DATA-LIST WITH REGRESSION WEIGHTS USED TO CALCULATE THE HQ

`((sT1HigherSelf 0.380) + (sT2SocIntimNoFam 0.256) +   (sT3FamCare 0.406) +   (sT4SuccessStatusMater 0.295) +   (sT5-OrderPerfectionGoodness 0.310) +   (sT6GodSpiritRelig 0.302) + (sT7ImpactChallengeExplor 0.347) +   (sT8AttentionFunEasy 0.311) +   (sT9ValueSelfAllUncond 0.461) +   (sT10OvercmProbAcceptSelf 0.185) + (sT11DutyPunctual 0.265) (IntSS1aAssertCR 0.463) + (IntSS1bOpenHon 0.503) + (IntSS2Romantc 0.394) + (IntSS3LibRole 0.166) +   (IntSS4LoveRes .476) +   (IntSS5Indep 0.379) +   (IntSS6PosSup 0.421) + (IntSS7Collab 0.406) +

  ;;subscales only

(sswvgratpt 0.722) +   (sswvoptims 0.543) +   (sswventit 0.157) +   (ssswNonCont .364) +   (ssswHapAllGrat 0.567) +   (ssswAcAllSelf 0.160) +   (ssieautony 0.553) + (ssiencodep 0.213   (ssienother 0.246) +   (ssb2Ethic 0.346) +   (ssb2Forgiv 0.282) +   (ssb2IDgrnd 0.258) +   (ssb2GrndMng 0.256) +   (ssb2InGood 0.327) + ;; (ssb2noAstr 0.087) +   ;; (ssb2lifad 0.263) +   (sswfsocial 0.492) + (sswfself 0.574) +   (sswfpovfai 0.380) +   (sswfilldea 0.221) +   (sssclearn 0.408) +   (sssccopopt 0.740) +   (ssscsmsmsd 0.668) +   (ssscinterp 0.577) +   (ssscallhelp 0.480) +   (ssscscience 0.318) + (sssscartcre 0.349) +   (sssmTimeMan oalSet 0.411) + (sssmAccompLoRush 0.553) +   (sssmSelfDevel 0.558) +   (sssmHealthHabs 0.460) +   (sscpProbSolv 0.491) + (sscpPosThoughts 0.577) +   (sscpPosActs 0.362) + (sscpNoBlameAngerWDraw 0.492) + (sscpNotSmokDrugMed 0.192) +   (sscpNotEat 0.200)   ))

REDUNDANT BECAUSE OF SUBSCALES: (sworldview 0.) (stbslfwo 0.) (siecontr 0.) (sethbel 0.) (sgrfears 0.) (sslfconf 0.) (sselfman 0.) (semotcop 0.)

APPENDIX B: SCALE SPSS SYMBOLS AND BASIC INFORMATION

;;===================== VALUES-THEMES CATEGORY SCALES ================

---------------------- SCALE ---------------------------

"ST1HIGHERSELF"

((NAME-STRING "sT1HigherSelf")

(LABEL "sT1-HigherSelf-Integrity happy balance devel discpn phil")

(SCALE-NAME "sT1: Higher Self and IntegrityValues-Beliefs")

(DESCRIPTION "Values self happiness, integrity, development, learning, discipline, self-sufficiency, independence, balance, and strong philosophy of life. This scale correlated .380 with overall happiness, .166 with low depression, .137 with low anxiety,.327 with low anger/aggression, .327 with the health scale, and .351 with overall relationship success, (10 items)")

(SCALE-GROUP-NAME "values-themes")

(SCALE-QUESTIONS (THM6LEAR

                THM9SHAP

                THM14IND

                THM22BOD

                THM23BAL

                THMCOMPC

                THMINTEG

                THMPHIL

                THMSESUF

                THMSEDIS))

(MEAN-SCORE ".749")

(HELP-LINKS ("h3hiself.htm"))))

---------------------- SCALE --------------------------

"ST2SOCINTIMNOFAM"

((NAME-STRING "sT2SocIntimNoFamScale")

(LABEL "sT2-SocialIntimacyNotFamily love/rom respect support agreeable")

(SCALE-NAME "Non-Family, Social-Intimacy Values")

(DESCRIPTION "Values intimacy, romance and being liked, respected, and supported. This scale correlated .256 with overall happiness, .251 with low anger/aggression, .279 with the health scale, and .357 with overall relationship success,(6 items)")

(SCALE-GROUP-NAME "values-themes")

(SCALE-QUESTIONS (THM8ROMA THM12PLE THMRESPE THM20INT THMLIKED THMSUPPO))

(MEAN-SCORE ".735")

(HELP-LINKS ("life_goals_and_meaning.htm"))))

----------------------- SCALE --------------------------

"ST3FAMCARE"

((NAME-STRING "sT3FamCareScale")

(LABEL "sT3-Family-EmotionalSupport and care giving parental love-respect")

(SCALE-NAME "Family Values")

(DESCRIPTION "Care-giving. This scale correlated .406 with overall happiness, .154 with low depression, .110 with low anxiety,.217 with low anger/aggression, .294 with the health scale, and .426 with overall relationship success, (3 items)")

(SCALE-GROUP-NAME "values-themes")

(SCALE-QUESTIONS (THMCAREG THMPARLV THMFAMIL))

(MEAN-SCORE ".701")

(HELP-LINKS ("life_goals_and_meaning.htm"))))

----------------------- SCALE --------------------------

"ST4SUCCESSSTATUSMATER"

((NAME-STRING "sT4SuccessStatusMater")

(LABEL "sT4-SuccessStatusIncomeMaterialism")

(SCALE-NAME "Achievement, Status, Material-Wellbeing Values")

(DESCRIPTION "Values success, education, high income and possessions, respect, status, being a CEO, and completing important goals. This scale correlated .295 with overall happiness, .136 with low depression, .096 with low anxiety,.138 with low anger/aggression, .303 with the health scale, and .298 with overall relationship success,(8 items)")

(SCALE-GROUP-NAME "values-themes")

(SCALE-QUESTIONS (THM3EDUC

            THM4MONE

            THM25POS

            THM26SUC

            THM30CEO

            THM33GOA

            THMRESPE

            THM1ACH

            THMRECOG))

(MEAN-SCORE ".615")

(HELP-LINKS ("life_goals_and_meaning.htm"))))

----------------------- SCALE --------------------------

"ST5-ORDERPERFECTIONGOODNESS"

((NAME-STRING "sT5-OrderPerfectionGoodness")

(LABEL "sT5-OrderPerfectionGoodness cleanliness juatice simplicity punctual")

(SCALE-NAME "Idealistic, Mental, Order, Aesthetic Values")

(DESCRIPTION "Values goodness, beauty, idealism, orderliness, perfection, organization, justice, simplicity, cleanliness, wholeness. This scale correlated .310 with overall happiness, .102 with low depression, .214 with low anger/aggression, .278 with the health scale, and .338 with overall relationship success, (7 items)")

(SCALE-GROUP-NAME "values-themes")

(SCALE-QUESTIONS (THMORDER

        THMCLEAN

        THMPERFE

        THMJUSTI

        THMSIMPL

        THMBEAUT

        THMGOODN

        THMWHOLE))

(MEAN-SCORE ".649")

(HELP-LINKS ("life_goals_and_meaning.htm"))))

----------------------- SCALE ---------------------------

"ST6GODSPIRITRELIG"

((NAME-STRING "sT6GodSpiritRelig")

(LABEL "sT6-GodSpiritualReligion")

(SCALE-NAME "God, Spiritual Intimacy Values")

(DESCRIPTION "Values spiritual intimacy, God, religion, obedience to God. This scale correlated .302 with overall happiness, .126 with low depression, .137 with low anxiety,.103 with low anger/aggression, .224 with the health scale, and .269 with overall relationship success, (4 items)")

(SCALE-GROUP-NAME "values-themes")

(SCALE-QUESTIONS (THMOBGOD THMRELGD THMSPIRI THMRELIG))

(MEAN-SCORE ".555")

(HELP-LINKS ("life_goals_and_meaning.htm"))))

----------------------- SCALE ---------------------------

"ST7IMPACTCHALLENGEEXPLOR"

((NAME-STRING "sT7ImpactChallengeExplor")

(LABEL "sT7-ImpactContributionMentalChallenge-exploration")

(SCALE-NAME "Contribution, Impact Values")

(DESCRIPTION "Values giving, impact on world, mental challenge, exploration, uniqueness, and diversity. This scale correlated .347 with overall happiness, .136 with low depression, .133 with low anxiety,.296 with low anger/aggression, .277 with the health scale, and .326 with overall relationship success, (6 items)")

(SCALE-GROUP-NAME "values-themes")

(SCALE-QUESTIONS (THM10OTH

              THMIMPAC

              THM28CRE

              THMMENCH

              THM34EXP

              THMUNIQU

              THMCREAT))

   (MEAN-SCORE ".672")

   (HELP-LINKS ("life_goals_and_meaning.htm"))))

   ---------------------- SCALE --------------------------

   "ST8ATTENTIONFUNEASY"

   ((NAME-STRING "sT8AttentionFunEasy")

   (LABEL "sT8-AttentionFunEasy playful adventure")

   (SCALE-NAME "Adventure, Play Values")

   (DESCRIPTION "Values adventure, play, attention, fun, effortlessness. This scale correlated .311 with overall happiness, .106 with low depression, .101 with low anxiety,.192 with low anger/aggression, .247 with the health scale, and .335 with overall relationship success, (4 items)")

   (SCALE-GROUP-NAME "values-themes")

   (SCALE-QUESTIONS (THMATTEN THM5ADVE THMEFORT THMPLAYF))

   (MEAN-SCORE 100)

   (HELP-LINKS ("life_goals_and_meaning.htm"))))

   ---------------------- SCALE --------------------------

   "ST9VALUESELFALLUNCOND"

   ((NAME-STRING "sT9ValueSelfAllUncond")

   (LABEL "sT9-ValueSelf-AllUnconditionally")

   (SCALE-NAME "Unconditional Love Values")

   (DESCRIPTION "Unconditional valuing of self and others--A key HQ scale. This scale correlated .461 with overall happiness, .276 with low depression, .209 with low anxiety,.311 with low anger/aggression, .232 with the health scale, and .336 with overall relationship success, (2 items)")

   (SCALE-GROUP-NAME "values-themes")

   (SCALE-QUESTIONS (THVUNCON THVSELFW THVSELFA THMUNCON))

   (MEAN-SCORE ".560")

   (HELP-LINKS ("life_goals_and_meaning.htm"))))

   ---------------------- SCALE --------------------------

   "ST10OVERCMPROBACCEPTSELF"

   ((NAME-STRING "sT10OvercmProbAcceptSelf")

(LABEL "sT10-OvercomeProblems-AcceptAllofSelf")

(SCALE-NAME "Overcoming Personal Problems Values")

(DESCRIPTION "Values overcoming problems, self-protection, and personal healing. This scale correlated .185 with overall happiness, .135 with low anger/aggression, .168 with the health scale, and .209 with overall relationship success, (2 items)")

(SCALE-GROUP-NAME "values-themes")

(SCALE-QUESTIONS (THMSPROT THMPHURT))

(MEAN-SCORE ".585")

(HELP-LINKS ("life_goals_and_meaning.htm"))))

---------------------- SCALE --------------------------

"ST11DUTYPUNCTUAL"

((NAME-STRING "sT11DutyPunctual")

(LABEL "sT11-DutyPunctuality")

(SCALE-NAME "Duty, Obligation Values")

(DESCRIPTION "Values duty, obligation, and punctuality. This scale correlated .265 with overall happiness, .097 with low depression, .155 with low anger/aggression, .264 with the health scale, and .264 with overall relationship success, (2 items)")

(SCALE-GROUP-NAME "values-themes")

(SCALE-QUESTIONS (THMPUNCT THMOBLIG))

(MEAN-SCORE "582")

(HELP-LINKS ("life_goals_and_meaning.htm"))))

=========================== BELIEFS CATEGORY SCALES =======================

---------------------- SCALE --------------------------

"SWORLDVIEW"

((NAME-STRING "sworldview")

(LABEL "s-Positive world view")

(SCALE-NAME "Positive World View")

(DESCRIPTION "Optimism about the future of the world and own life, lack of entitlement thinking, plus daily positive versus negative thoughts. How constructively and positively you view the world and the future can significantly affect motivation, relationships, happiness, and success in most life areas.

   Living life with a sense of gratitude (versus a sense of entitlement and deprivation) may be one of the most important factors for

   happiness. It correlates .687 with happiness, .528 with low depression, .375 with low anxiety, .235 with

   low anger/aggression, .384 with relationship success, .233 with positive health outcomes. (10 items)")

(SCALE-GROUP-NAME "beliefs")

```
(SCALE-QUESTIONS (WOVPROGR

          WOVGOODF

          WOVMYLIF

          WOVNFAIR

          TBVENTIT

          WOVINJUR

          WOVABUND

          TBVGRATI

          WOVENTIT

          WOVGRATE

          WOVPOSTH))

(MEAN-SCORE ".624")

(HELP-LINKS ("h4world.htm"))))

---------------------- SCALE --------------------------

"STBSLFWO"

((NAME-STRING "stbslfwo")

(LABEL "s-Self-worth beliefs")

(SCALE-NAME "Unconditional Worth of Self and Others")
```

(DESCRIPTION "A key HQ scale. Degree to which one accepts/values all parts of one's self and others not contingent on others' individual characteristics or behaviors. Unconditionally valuing yourself and others means that an important part of a person's worth is not dependent upon their success, income, appearance, personality, ethnic group, morality, or any other quality. Self-worth is the unconditional aspect of self-esteem. It differs from self-confidence which is the aspect conditional upon success or other factors. It correlates .391 with overall happiness, .283 with low depression, .260 with low anxiety,.300 with low anger/aggression.")

```
(SCALE-GROUP-NAME "beliefs")

(SCALE-QUESTIONS (TBVOTHFI

          TBVLIKED

          TBVWEAK

          TBVBEST

          TBVRULES

          TBVWINNE

          TBVBALAN

          TBVHAPCA

          THVSELFA

          THVUNCON

          THVSELFW))
```

(MEAN-SCORE ".595")

(HELP-LINKS ("h5self.htm"))))

----------------------- SCALE --------------------------

"SIECONTR"

((NAME-STRING "siecontr")

(LABEL "s-Int-Ext control beliefs")

(SCALE-NAME "Internal vs External Control (I-E) Beliefs")

(DESCRIPTION "Degree of self-sufficiency and responsibility one takes for his/her own life, health, and happiness without undue influence from others. More internal direction, planning, and self-control versus influence by others or external forces. Internal control correlates .357 with overall happiness, .366 with low depression, .393 with low anxiety, .255 with low anger/aggression.

Believing that you are in control of your own emotions, behavior, likes and dislikes, and your life increases internal control. Making your own decisions and plans and giving adequate priority to your own needs also helps. (7 items)")

(SCALE-GROUP-NAME "beliefs")

(SCALE-QUESTIONS (IECSELFS

IECICONT

IECGENET

IECPEOPL

IECDEPEN

IECCOFEE

IECCOPRB))

(MEAN-SCORE "616")

(HELP-LINKS ("h6intern.htm"))))

----------------------- SCALE --------------------------

"SETHBEL"

((NAME-STRING "sethbel")

(LABEL "sethbel")

(SCALE-NAME "Absolute-Grounded, Integrated Ethics")

(DESCRIPTION "Ethics philosophers and religions agree on many general principles. It is generally agreed that better ethics are based more on absolute principles and wholes such as humanity, nature, or God rather than on more specific or situational aspects such as self, family, or any group. An ethical system that judges people more on their inner qualities and assumes some basic inner goodness and inherent value in all people. It includes questions about astrology (very much frowned upon by philosophers, scientists, and religion) and life after death (a common belief). Many people base their ethics on the rewards they expect after death. (14 items). This scale correlated 0.459 with overall happiness, 0.306 with low depression, 0.336 with low anxiety, and 0.463 with low anger/aggression.")

(SCALE-GROUP-NAME "beliefs")

(SCALE-QUESTIONS (TB2RELAT

TB2PUNIS

TBV2NOTR

                TB2GROUM

                TB2SELFM

                TB2GDWRK

                TB2GDATT

                TB2ALLGD

                TB2REASO

                TBV2ASTR

                TB2IDHUM

                TB2LIFAD

                TB2MOVEM

                TBV2CORE))

   (MEAN-SCORE 0.62)

   (HELP-LINKS ("life_goals_and_meaning.htm"))))

   ----------------------- SCALE ---------------------------

   "SGRFEARS"

   ((NAME-STRING "sgrfears")

   (LABEL "s-Low greatest fears")

   (SCALE-NAME "Low Greatest Fears")

   (DESCRIPTION "A key HQ scale. Low degree of common major fears such as illness, poverty, death, failure, rejection, and confidence in ability to overcome fears or circumstances. Fears are interesting to people per se. Your greatest fears reflect your top values and goals in life and are related to your happiness and success. The underlying fear is usually that one's greatest values/goals will be unsatisfied. Your underlying fears can be powerful sources of pain and avoidance motivation. Underlying fears give your little jolts of fear or anxiety daily as you get a thought that is related to them.

     Overcoming these underlying fears can help you be less fearful and anxious the rest of your life! This scale correlates .462 with happiness, .417 with low depression, .375 with low anxiety, .241 with low anger/aggression. (12 items)")

   (SCALE-GROUP-NAME "beliefs")

   (SCALE-QUESTIONS (WOVHAPPY

                WOVPOOR

                WOVILL

                WOVDEATH

                WOVALONE

                WOVNOLOV

                WOVLIKED

                WOVPERSO

                WOVPROBL

WOVDISCO

                WOVSUCCE

                WOVOVERC))

    (MEAN-SCORE ".601")

    (HELP-LINKS ("h43dark.htm"))))

======================== SKILLS-CONFIDENCE CATEGORY SCALES ========================

---------------------- SCALE --------------------------

"SSLFCONF"

((NAME-STRING "sslfconf")

(LABEL "s-Self-confidence areas")

(SCALE-NAME "Self-Confidence and Life Skill Areas")

(DESCRIPTION "A list of knowledge and skills areas was developed, and subjects were asked to rate their own confidence/skills for each area. The Self-Confidence scale measures the contingent, efficacy aspect of self-esteem. This scale has emerged as a separate factor from the other main scales in factor analytic studies. Your self-report ratings should reflect a combination of actual knowledge and skill and of confidence level. It is similar to the concept of self-efficacy.

     Your life skills and self-confidence can be powerful factors in your success and happiness in many life areas--including your academic and career success. It correlated .629 with happiness, .421 with low depression, .351 with low anxiety, .186 with low anger/aggression,.367 with relationship success, .233 with positive health outcomes. (41 items)")

(SCALE-GROUP-NAME "skills-confidence")

(SCALE-QUESTIONS (SLFLEARN

                SLFCRITT

                SLFRESEA

                SLFANALY

                SLFSYNTH

                SLFCREAT

                SLFCOMPU

                SLFBIOSC

                SLFNATSC

                SLFLIBAR

                SLFSOCSC

                SLFPHILR

                SLFPERFA

                SLFFINEA

                SLFBUSAN

SLFHEAL2

        SLFENGIN

        SLFEDUCH

        SLFIQ

        SLFDECMA

        SLFTIMEM

        SLFCOPE

        SLFSELF4

        SLFSELFM

        SLFACHAN

        SLFMANA6

        SLFHEAL3

        SLFMEETP

        SLFLISTE

        SLFSELF5

        SLFCONFL

        SLFPERSU

        SLFMANA7

        SLFHELPS

        SLFSPEAK

        SLFJOBSE

        SLFADAPT

        SLFHAPPY

        SLFOPTIM

        SLFFRIEN

        SLFINDEP))

  (MEAN-SCORE ".682")

  (HELP-LINKS ("h54confi.htm"))))

----------------------- SCALE --------------------------

"SSELFMAN"

((NAME-STRING "sselfman")

  (LABEL "s-Self-management skills")

  (SCALE-NAME "Self-Management Skills")

  (DESCRIPTION "A key HQ scale. Skills related to self-care, decision-making, goal-setting, and time-management including leading a balanced life and attending to all main need/value areas. Many items are based upon OPATSM time-management system. Research shows that these vital skills are related to a more successful and happier life in almost all

life areas. This scale correlated .606 with overall life happiness, .297 with low depression, .365 with relationship success, and over .30 with job status. (15 items)")

  (SCALE-GROUP-NAME "skills-confidence")

  (SCALE-QUESTIONS (SMTBUSY

           SMTFUTUR

           SMTEXERC

           SMTEATH

           SMTSLEEP

           SMTSDEVE

           SMTNPROC

           SMTPTODO

           SMTGOALS

           SMTSCHD

           SMT2DTOD

           SMTACMPL

           SMTGHELP

           SMTBALAN

           SMTHABCH))

 (MEAN-SCORE ".537")

 (HELP-LINKS ("h9patsm.htm"))))

 ----------------------- SCALE --------------------------

 "SEMOTCOP"

 ((NAME-STRING "semotcop")

 (LABEL "s-Emotional coping skills")

 (SCALE-NAME "Emotional Coping Skills")

  (DESCRIPTION "A key HQ scale. How you habitually react to emotionally stressful situations. What do you do when you are upset? This scale correlates .683 with overall happiness, .578 with low depression, .466 with low anxiety, .374 with low anger/aggressiveness, and .314 with good, intimate personal relationships. It is also a moderate predictor of academic and career success. (20 items)")

 (SCALE-GROUP-NAME "skills-confidence")

 (SCALE-QUESTIONS (COPNEGTH

           COPCOPEA

           COPPSOLV

           COPAVOPS

           COPEMOTA

           COPBLAME

COPWDRW

COPFUN

COPTALKS

COPPEPTA

COPSMOKE

COPDRUG

COPPE

COPNEGPH

COPSELFB

COPPOSPH

COPEXPEC

COPHAPPY

COPAVOAT

COPSELFE))

(MEAN-SCORE ".585")

(HELP-LINKS ("h8hf2.htm"))))

=========================== INTERPERSONAL CATEGORY SCALES =======================

----------------------- SCALE --------------------------

"INTSS1AASSERTCR"

((NAME-STRING "IntSS1aAssertCR")

(LABEL "IntSS1a-AssertiveConfRes")

(SCALE-NAME "Assertive Communication and Conflict Resolution")

(DESCRIPTION "A key HQ scale: democratic, assertive communication and conflict resolution. Seeks win-win solutions to conflicts, with clear, caring, understanding, non-defensive, calm, persistent, honest, friendly, non-threatening behaviors. Finding and resolving the basic, underlying issues is very important. You ability to resolve differences with others is a critical component of any good, lasting relationship from work to marriage. It is a vital skill in many professional situations. Our research shows a correlation of more than .70 between this scale and marital relationship happiness and .365 with overall relationship success. It also correlated .463 with overall happiness, .236 with low depression, .202 with low anxiety, .355 with low anger/aggression, .306 with positive health. A low score may predict a series of relationships that end in conflict or being left. (13 items)")

(SCALE-GROUP-NAME "interpersonal")

(SCALE-QUESTIONS (CR1ISSUE

CRRESOLV

CRNTHREA

```
                    CRUNDERL

                    CRWINWIN

                    CRLONGTK

                    CRSUMMAR

                    CRCPRAIS

                    CRBOASSR

                    CROPHONE

                    CRANGRES

                    CRTLKMOR

                    CREQWIN

                    INTUNDRL))

  (MEAN-SCORE ".563")

  (HELP-LINKS ("assertion_training.htm"))))

   ----------------------- SCALE ---------------------------

  "INTSS1BOPENHON"

  ((NAME-STRING "IntSS1bOpenHon")

  (LABEL "IntSS1bIntimateOpenHonest")

  (SCALE-NAME "Intimacy")
```

(DESCRIPTION "A key HQ scale: Open, Honest, Communication and Goal Harmony. Reveal most private and sensitive thoughts and feelings regularly, shared goals, and feelings of relationship commitment. This scale correlated over .70 with marital satisfaction and .435 with overall relationship success. ,.503 with overall happiness, .289 with low depression, .230 with low anxiety,.302 with low anger/aggression, and .293 with the health scale. Intimacy is a critical part of any truly close relationship--especially marital relationships. (10 items)")

```
  (SCALE-GROUP-NAME "interpersonal")

  (SCALE-QUESTIONS (INTTELAL

                    INTSMGOA

                    INTEQDEC

                    INTIOPEN

                    INTWEOPN

                    INTDAILY

                    INTALLOP

                    INTKNPFE

                    INCOMTWO))

  (MEAN-SCORE ".643")

  (HELP-LINKS ("conversational_skills.htm" "c14-lisn.htm"))))

   ----------------------- SCALE ---------------------------
```

"INTSS2ROMANTC"

((NAME-STRING "IntSS2Romantc")

(LABEL "IntSS2-Romantic=sromantc")

(SCALE-NAME "Close, Romantic Interactions")

(DESCRIPTION "Romantic attraction, playful, romantic surprises, fantasize about partner, go to romantic places, have special celebrations together. It correlates .267 with relationship success, .394 with overall happiness, .173 with low depression, and .238 with low aggression. (7 items)")

(SCALE-GROUP-NAME "interpersonal")

(SCALE-QUESTIONS (ROMSURPR

ROMFANTA

ROMCELEB

ROMPLACE

ROMATTRA

ROMPLAYF

ROMCHARM))

(MEAN-SCORE ".615")

(HELP-LINKS ("conversational_skills.htm"

"developing_intimacy.htm"

"c14-lisn.htm"

"chaprels.htm"))))

---------------------- SCALE --------------------------

"INTSS3LIBROLE"

((NAME-STRING "IntSS3LibRole")

(LABEL "IntSS3-LiberatedRoles=slibrole")

(SCALE-NAME "Liberated, Equal Roles")

(DESCRIPTION "Equality in decisions, roles, chores/tasks, career priority, some non-stereotypical role behaviors. Our research seems to show that people in relationships with more liberated roles may be happier. However, people with traditional male-female relationship views can be happy if both partners agree on these views and the male makes decisions adequately taking into account his/her partner's desires and needs. It correlated .166 with overall happiness, .182 with low anxiety, and .292 with low anger/aggression. (7 items)")

(SCALE-GROUP-NAME "interpersonal")

(SCALE-QUESTIONS (LROMTASK

LROFTASK

LRMFINAL

LROEMBAR

LROMSTRO

LROEQINC

LRCARCON))

  (MEAN-SCORE ".703")

  (HELP-LINKS ("finding_mr_mrs_right.htm"))))

 ---------------------- SCALE --------------------------

 "INTSS4LOVERES"

 ((NAME-STRING "IntSS4LoveRes")

 (LABEL "IntSS4-Love Respect")

 (SCALE-NAME "Love and Respect for Partner")

   (DESCRIPTION "Valuing Your Partner--A key HQ scale. Love, respect, cheerfully do favors for, praise more than criticize partner. Feel free when partner home, feel committed not trapped. This Love and Respect scale correlated .425 with overall relationship success. ,.476 with overall happiness, .289 with low depression, .268 with low anxiety,.432 with low anger/aggression, and .295 with the health scale. Love and Respect is a critical part of any truly close relationship-- especially marital relationships. (9 items)")

  (SCALE-GROUP-NAME "interpersonal")

  (SCALE-QUESTIONS (CRIFAVOR

                CRIFOLUP

                INTCOMIT

                INTRESPT

                INTLSQPR

                INTLOVE

                INNEVARG))

  (MEAN-SCORE ".751")

  (HELP-LINKS ("developing_intimacy.htm"))))

 ---------------------- SCALE --------------------------

 "INTSS5INDEP"

 ((NAME-STRING "IntSS5Indep")

 (LABEL "IntSS5-Rel Independ")

 (SCALE-NAME "Relationship Independence-Autonomy")

   (DESCRIPTION "Autonomy within committed relationship. Partners feeling encouraged and free to pursue own interests and friendships. Each enjoy being alone, having partially separate funds, and believing they could be happy with another person if necessary. Value individual happiness over marriage per se. This scale correlated .215 with overall relationship success. ,.379 with overall happiness, .288 with low depression, .308 with low anxiety,.389 with low anger/aggression, and .296 with the health scale. (11 items)")

  (SCALE-GROUP-NAME "interpersonal")

  (SCALE-QUESTIONS (INRLUNCH

                INRINHAP

                INRIGROW

INRSAYWE

                    INDIFGOA

                    INFINDAN

                    INENALON

                    INOKALON

                    INRHATEA

                    INSEPINT

                    INRMONEY

                    INRBEALN

                    INALCNST

                    INRFREEH

                    INRFRIEN))

   (MEAN-SCORE ".676")

   (HELP-LINKS ("finding_mr_mrs_right.htm" "developing_intimacy.htm"))))

   ---------------------- SCALE --------------------------

   "INTSS6POSSUP"

   ((NAME-STRING "IntSS6PosSup")

   (LABEL "IntSS6-Positive Supportive Com")

   (SCALE-NAME "Positive, Supportive Communication")

   (DESCRIPTION "A key HQ scale. Supportive of partner even during disagreements, rarely use negative labels, exaggerations, threats, anger. If one partner gets angry, other usually uses deescalating response. This scale correlated .272 with overall relationship success. ,.421 with overall happiness, .275 with low depression, .267 with low anxiety,.538 with low anger/aggression, and .307 with the health scale. Note the large correlation with low anger and aggression. (7 items)")

   (SCALE-GROUP-NAME "interpersonal")

   (SCALE-QUESTIONS (CRNTHREA

                    CRNNEGLB

                    CREXAGGR

                    CRANGANG

                    CRIPRAIS

                    CRANGRES

                    INDIFDEC

                    INSTSHLP))

   (MEAN-SCORE ".598")

   (HELP-LINKS ("developing_intimacy.htm" "assertion_training.htm"))))

   ---------------------- SCALE --------------------------

"INTSS7COLLAB"

((NAME-STRING "IntSS7Collab")

(LABEL "IntSS7-Collaborative")

(SCALE-NAME "Collaborative, Non-Manipulative Relationship")

(DESCRIPTION "A key HQ scale. Neither partner manipulating or controlling. Partners feel safe revealing weaknesses. Can work together or teach each other effectively. This scale correlated .317 with overall relationship success. ,.406 with overall happiness, .268 with low depression, .235 with low anxiety,.328 with low anger/aggression, and .271 with the health scale. (7 items)")

(SCALE-GROUP-NAME "interpersonal")

(SCALE-QUESTIONS (CRTKLONG

            CRTEWEAK

            CRMANIPU

            CRREPRAI

            CRTEACH

            CRTLKMOR

            INTWKTOG))

(MEAN-SCORE ".562")

(HELP-LINKS ("assertion_training.htm" "developing_intimacy.htm"))))

==================== ACADEMIC-LEARNING CATEGORY SCALES ========================

----------------------- SCALE ---------------------------

"SCOLLEGE"

((NAME-STRING "scollege")

(LABEL "scollege info")

(SCALE-NAME "College Student Info")

(DESCRIPTION "Basic College Student Information")

(SCALE-GROUP-NAME "ACAD-LEARNING")

(SCALE-QUESTIONS (STPARED

            STUCLASS

            STUDEGRE

            STUSEMES

            STMAJGPA

            STACADST

            STUCOLLE

            STUMAJOR

STUSPECI

                    STURESID

                    STGPATRE

                    STURESOURCE))

  (MEAN-SCORE 0.6)

  (HELP-LINKS NIL)))

----------------------- SCALE --------------------------

"SSL1CONFIDEFFICSTUDYTEST"

((NAME-STRING "ssl1ConfidEfficStudyTest")

 (LABEL "ssl1-Confid efficient read-study-test")

 (SCALE-NAME "Time Efficient and Confident Study")

 (DESCRIPTION "A low score may indicate a learning disability. Think that tests and grades reflect abilities (versus smarter than test). Not need more time for tests and assignments. (8 items)")

 (SCALE-GROUP-NAME "acad-learning")

 (SCALE-QUESTIONS (LRNUNASN

                    LRNCOLMT

                    LRNKNOWT

                    LRNPROOF

                    LRNRREAD

                    LRNEFFIC

                    LRNTESTT

                    LRNTIMAS

                    LRNTIRED

                    LRNTANXI

                    LRNSMART

                    LRNAREAD

                    LRNRSLOW))

  (MEAN-SCORE 0.59)

  (HELP-LINKS ("academic.htm"

        "learning_disabilities.htm"

        "concentration.htm"))))

----------------------- SCALE --------------------------

"SSL1BCONFIDNOTAVOIDSTUDY"

((NAME-STRING "ssl1bConfidNotAvoidStudy")

 (LABEL "ssl1bConfidNotAvoidStudy")

(SCALE-NAME "High Study Motivation")

  (DESCRIPTION "Not Study Avoidant. Not slower or more anxious about beginning assignments, reading, or writing than other students. Feel like college capable. (6 items)")

  (SCALE-GROUP-NAME "acad-learning")

  (SCALE-QUESTIONS (LRNUNASN LRNCOLMT LRNTIRED LRNAREAD LRNPROOF))

  (MEAN-SCORE 0.643)

  (HELP-LINKS ("academic.htm"

          "time_management.htm"

          "procrastination.htm"

          "test_anxiety.htm"))))
  ---------------------- SCALE --------------------------

  "SSL2SATISCAMPUSFACFRIENDSGRDES"

  ((NAME-STRING "ssl2SatisCampusFacFriendsGrdes")

  (LABEL "ssl2SatisCampusFacFriendsGrdes")

  (SCALE-NAME "Positive Campus Life Attitudes")

  (DESCRIPTION "Look forward to classes, campus activities. Enjoy students and instructors. Happy with campus and grades. (8 items)")

  (SCALE-GROUP-NAME "acad-learning")

  (SCALE-QUESTIONS (STULOOKF

          STULIKEI

          STUCOMFO

          STUFRIEN

          STUENJOY

          STUEACTR

          STHAPCOL

          STHAPGPA))

  (MEAN-SCORE 0.682)

  (HELP-LINKS ("conversational_skills.htm" "academic.htm"))))
  ---------------------- SCALE --------------------------

  "SSL3WRITEREADSKILLS"

  ((NAME-STRING "ssl3WriteReadSkills")

  (LABEL "ssl3WriteReadSkills")

  (SCALE-NAME "Writing, Reading Skills")

  (DESCRIPTION "Good at organizing papers and writing. Good reading skills. No vision problems (added due to factor analysis). (6 items)")

  (SCALE-GROUP-NAME "acad-learning")

(SCALE-QUESTIONS (LRNWRPAP LRNWRSKL LRNSEE LRNVOCAB LRNWRORG LRNSREAD))

(MEAN-SCORE 0.728)

(HELP-LINKS ("writing_help.htm"))))

----------------------- SCALE --------------------------

"SSL4BLDMENTALSTRUCT"

((NAME-STRING "ssl4BldMentalStruct")

(LABEL "ssl4-Build Mental Structure")

(SCALE-NAME "Build Mental Structures")

(DESCRIPTION "Study alone, struggle with difficult material, attempt to build own theories and associations. Make boring material interesting. (7 items)")

(SCALE-GROUP-NAME "acad-learning")

(SCALE-QUESTIONS (LRNTXUND

          LRNINTER

          LRNROTE

          LRNASSOC

          LRNSTRUG

          LRNTHEOR

          LRNALONE))

(MEAN-SCORE 0.693)

(HELP-LINKS ("LEARN.htm" "academic.htm"))))

----------------------- SCALE --------------------------

"SSL5BASICSTUDYSKILLS"

((NAME-STRING "ssl5BasicStudySkills")

(LABEL "ssl5-BasicSS-Undrstnd review map outline notes")

(SCALE-NAME "Basic Study Skills")

(DESCRIPTION "Preview, outline, review assignments; take good notes; good concentration; create visual map; review material at least 3 times for exam. (6 items)

MEMORY, STUDY EFFICIENCY, & LEARNING SKILLS

  ==> COMPREHENSION & MEMORY PROBLEMS--you may have habits that hurt your ability:

    * To UNDERSTAND DIFFICULT SUBJECTS or

    * REDUCE YOUR ABILITY TO REMEMBER material on exams.

  ==> ACTIONS THAT MAY HELP

    >> Read and study with a much GREATER EMPHASIS ON DEEPER

      UNDERSTANDING OF THE MATERIAL. This may take longer initially

      but greatly increase both your original understanding and your

      memory for that material. There is very strong evidence of this.

* GET A OVERVIEW OF A CHAPTER OR SECTION BEFORE READING IT--

  Keep asking yourself, 'WHAT IS THIS CHAPTER OR SECTION

  ABOUT?'.

  * DO NOT GO TO THE NEXT PARAGRAPH, SECTION, OR CHAPTER

  UNTIL YOU UNDERSTAND THE ONE YOU ARE READING. The best

  students have trouble understanding, but they DO NOT GIVE

  UP--they think about it, look up terms from earlier chapters,

  or seek help if necessary.

  * Focus on UNDERSTANDING THE THEORETICAL PRINCIPLES BEHIND

  the examples your are reading. Ask yourself, 'WHAT ARE THE

  MAIN ABSTRACT OR GENERAL POINTS BEING MADE?' How do these

  apply to a variety of problems, examples, or situations.

  These are the kind of things professors will test you on.

  >> BEFORE THE TEST REVIEW THE TEXT & ALL NOTES

  * BEFORE EACH CHAPTER & SECTION TEST YOURSELF--Ask yourself,

  'What is this about?' and try to recall all that you can

  from memory. On areas that you miss or do not understand,

  study them and MARK THEM WITH A DIFFERENT COLOR.

  * REPEAT this 2-4 times for all text chapters, notes, and problems

  covered by the exam.

  >> Learn the 'language' of the class and use these new terms

  and ideas in talking to classmates, your professor, friends,

  family, or others.

  >> Where possible USE THE NEW KNOWLEDGE IN YOUR DAILY

  LIFE--at least in how you think about things.

  ==> GO TO YOUR LEARNING ASSISTANCE CENTER and ask for help with

  memory, text reading, and/or comprehension ")

(SCALE-GROUP-NAME "acad-learning")

(SCALE-QUESTIONS (ACMCONCE LRNTXOVE LRNTSREV LRNMAP LRNTXOUT LRNNOTES))

(MEAN-SCORE 0.61)

(HELP-LINKS ("LEARN.htm" "academic.htm"))))

----------------------- SCALE --------------------------

"SSL6SELFMANACADGOALS"

((NAME-STRING "ssl6SelfmanAcadGoals")

(LABEL "ssl6-Selfman-acad goal intention")

(SCALE-NAME "Degree Motivation")

    (DESCRIPTION "Motivated and confident will get degree and won't drop out. Not confused about goals and confident of finances. (5 items)")

    (SCALE-GROUP-NAME "acad-learning")

    (SCALE-QUESTIONS (ACMCOMPL ACMQUITC ACMFINAN ACMDEGRE STUCONFU ACMSELFS))

    (MEAN-SCORE 0.745)

    (HELP-LINKS ("c15-carp.htm"))))

    -------------------------- SCALE -----------------------

    "SSL7MATHSCIPRINC"

    ((NAME-STRING "ssl7MathSciPrinc")

    (LABEL "ssl7-MathSci-principles interest skills")

    (SCALE-NAME "Learn Math-Science Principles")

    (DESCRIPTION "Enjoy and good in math, and seek to understand basic principles in math and science. (2 items)")

    (SCALE-GROUP-NAME "acad-learning")

    (SCALE-QUESTIONS (LRNMATH LRNTEXTN))

    (MEAN-SCORE 0.647)

    (HELP-LINKS ("LEARN.htm"))))

    -------------------------- SCALE -----------------------

    "SSL8STUDYENVIR"

    ((NAME-STRING "ssl8StudyEnvir")

    (LABEL "ssl8-Study home envir")

    (SCALE-NAME "Study Environment")

    (DESCRIPTION "Have good place and necessities to study and time available to study. Studying encouraged by family, friends with minimal conflicting demands. (3 items)")

    (SCALE-GROUP-NAME "acad-learning")

    (SCALE-QUESTIONS (ACMEFAML ACMESOCS LRNESTUD))

    (MEAN-SCORE 0.632)

    (HELP-LINKS ("learning_&_study_skills.htm"))))

    -------------------------- SCALE -----------------------

    "SSL9ATTENDHW"

    ((NAME-STRING "ssl9AttendHW")

    (LABEL "ssl9-Attend-doHW")

    (SCALE-NAME "Attendance and Persistence")

    (DESCRIPTION "Attend classes, never drop classes, and manage study time well. (3 items)")

    (SCALE-GROUP-NAME "acad-learning")

    (SCALE-QUESTIONS (ACMSTUDY ACMNDROP ACMATTEN))

(MEAN-SCORE 0.658)

(HELP-LINKS ("academic.htm" "LEARN.htm"))))

-------------------------- SCALE -----------------------

"SSL10MEMNOTANX"

((NAME-STRING "ssl10MemNotAnx")

(LABEL "ssl10-Memory-not anx")

(SCALE-NAME "Efficient, Confident Learning")

(DESCRIPTION "Efficient learning time use, good memory, relaxed during exams. (3 items)")

(SCALE-GROUP-NAME "acad-learning")

(SCALE-QUESTIONS (LRNMEMOR LRNTENSE LRNSEFIC))

(MEAN-SCORE 0.593)

(HELP-LINKS ("LEARN.htm"

        "learning_&_study_skills.htm"

        "test_anxiety.htm"

        "concentration.htm"))))

-------------------------- SCALE -----------------------

"SSL11NOTNONACADMOT"

((NAME-STRING "ssl11NotNonAcadMot")

(LABEL "ssl11NotNonAcadMot")

(SCALE-NAME "College Internal Motivation")

(DESCRIPTION "Internal Motivation--to be in college. Internal motives versus pleasing parents, making money, or being confused why in school. Financially self-supporting. Internal motivation for accomplishing any task--including a college degree--is associated with greater success and happiness. (4 items)")

(SCALE-GROUP-NAME "acad-learning")

(SCALE-QUESTIONS (STUEXTMO STUMONEYNEW STUCONFU STUFINDE STUCAREE))

(MEAN-SCORE 0.593)

(HELP-LINKS ("c15-carp.htm"

        "time_management.htm"

        "life_goals_and_meaning.htm"))))

-------------------------- SCALE -----------------------

"SSL12STDYTMAVAIL"

((NAME-STRING "ssl12StdyTmAvail")

(LABEL "ssl12Study time available-acmtime")

(SCALE-NAME "Study Time Available")

(DESCRIPTION "Not too much time spent working, with family or friends, or in other activities. Studying and class attendence gets top priority.")

```
(SCALE-GROUP-NAME "acad-learning")

(SCALE-QUESTIONS (ACMTIME))

(MEAN-SCORE 0.52)

(HELP-LINKS ("time_management.htm" "procrastination.htm"))))

------------------------- SCALE -----------------------

"SSL13VERBALAPT"

((NAME-STRING "ssl13VerbalApt")

(LABEL "ssl13-Verbal aptitude test score=stuverba")

(SCALE-NAME "Verbal Aptitude Score")

(DESCRIPTION "Self-reported verbal aptitude score. (1 item)")

(SCALE-GROUP-NAME "acad-learning")

(SCALE-QUESTIONS (STUVERBA))

(MEAN-SCORE 0.774)

(HELP-LINKS ("learning_&_study_skills.htm" "writing_help.htm" "LEARN.htm"))))

------------------------- SCALE -----------------------

"SSL14MATHAPT"

((NAME-STRING "ssl14MathApt")

(LABEL "ssl14-Math aptitude test score=stumatha")

(SCALE-NAME "Math Aptitude Score")

(DESCRIPTION "Self-reported mathematics aptitude score. (1 item)")

(SCALE-GROUP-NAME "acad-learning")

(SCALE-QUESTIONS (STUMATHA))

(MEAN-SCORE 0.729)

(HELP-LINKS ("learning_&_study_skills.htm" "LEARN.htm"))))



========================= CAREER-INTEREST CATEGORY SCALES =========================



------------------------- SCALE -----------------------

"SINCAR"

((NAME-STRING "sincar")

(LABEL "s-Career-major interest areas")

(SCALE-NAME "Overall College Major Interests")

(DESCRIPTION "General career interests. Many of the individual questions correspond to separate schools, colleges, or
collections of academic majors at large universities. Look at your scores on individual questions to find potential majors
```

or minors. A high score on this overall scale may indicate that you are a person with many high interests and that you may want a career that allows for challenging mental activities and some variety over time.

   NOTE: This test is meant only to suggest some possible academic majors you may show interest in, it is NOT MEANT TO BE AN ALL INCLUSIVE LIST. You should explore the complete catalog of majors at your univesity or college-- especially if you have specialized interests or interests not represented in this scale. You might also consider a dual major or special major tailored to your interests.")

  (SCALE-GROUP-NAME "career-interest")

  (SCALE-QUESTIONS (CAR1CARG

                CAR1CARP

                CAR1INAT

                CARIBIOH

                CARISOCS

                CARIHELP

                CARIMATH

                CARIMED

                CARIWRIT

                CARIFNAR

                CARIETHN

                CARILEAR

                CARIEXPE

                CARIGENE

                CARINOIN

                CARILIT

                CARIRECP

                CARIPOLI

                CARIMIL6

                CARIMANU

                CARILANG

                CARIPHIL

                CARIBUSI

                CARIENGI

                CARIFAMC

                CARIWOMA

                CARICOM8

                CARINTE0))

  (MEAN-SCORE NIL)

```
(HELP-LINKS ("c15-carp.htm"))))

------------------------- SCALE -----------------------

"SINBUS"

((NAME-STRING "sinbus")

 (LABEL "s-Business interests")

 (SCALE-NAME "Business-Related Interests")

 (DESCRIPTION "Areas of interest within the overall category.")

 (SCALE-GROUP-NAME "career-interest")

 (SCALE-QUESTIONS (CARIBMAR

        CARIBMAN

        CARIBINF

        CARIBFIN

        CARIBHRD

        CARIBACC

        CARISPBU))

 (MEAN-SCORE NIL)

 (HELP-LINKS ("c15-carp.htm"))))

------------------------- SCALE -----------------------

"SINENGR"

((NAME-STRING "sinengr")

 (LABEL "s-Engineering major interests")

 (SCALE-NAME "Engineering-Related Interests")

 (DESCRIPTION "Areas of interest within the overall category.")

 (SCALE-GROUP-NAME "career-interest")

 (SCALE-QUESTIONS (CARIEENG

        CARIME

        CARICHE2

        CARICIVE

        CARIAERO

        CARIEITE

        CARICOM9

        CARIBCOM))

 (MEAN-SCORE NIL)

 (HELP-LINKS ("c15-carp.htm"))))

------------------------- SCALE -----------------------
```

"SINFINEA"

((NAME-STRING "sinfinea")

 (LABEL "s-Fine art major interests")

 (SCALE-NAME "Fine Arts-Related Interests")

 (DESCRIPTION "Areas of interest within the overall category.")

 (SCALE-GROUP-NAME "career-interest")

 (SCALE-QUESTIONS (CARIMUSI

        CARIART

        CARIDRAM

        CARIDANC

        CARIPHOT

        CARINDDE

        CARINTE1))

 (MEAN-SCORE NIL)

 (HELP-LINKS ("c15-carp.htm"))))

 ------------------------- SCALE -----------------------

"SINHELP"

((NAME-STRING "sinhelp")

 (LABEL "s-Helping profession major interests")

 (SCALE-NAME "Helping, Teaching, Counseling-Related Interests")

 (DESCRIPTION "Areas of interest within the overall category.")

 (SCALE-GROUP-NAME "career-interest")

 (SCALE-QUESTIONS (CARITEAC

        CARICOUN

        CARIEDUC

        CARIHADU

        CARIHCHI

        CARITVOC

        CARICOM4

        CARSOCWO

        CARK12TE

        CARMINIS))

 (MEAN-SCORE NIL)

 (HELP-LINKS ("c15-carp.htm"))))

 ------------------------- SCALE -----------------------

"SINLANG"

((NAME-STRING "sinlang")

 (LABEL "s-Language major interests")

 (SCALE-NAME "Language-Related Interests")

 (DESCRIPTION "Areas of interest within the overall category.")

 (SCALE-GROUP-NAME "career-interest")

 (SCALE-QUESTIONS (CARIFREN

            CARIITAL

            CARIGERM

            CARIRUSS

            CARIJAPN

            CARICHIN

            CARICLAS

            CARISPAN

            CARIPOR))

 (MEAN-SCORE NIL)

 (HELP-LINKS ("c15-carp.htm"))))

 ------------------------- SCALE -----------------------

"SINMED"

((NAME-STRING "sinmed")

 (LABEL "s-Medical major interests")

 (SCALE-NAME "Medically-Related Interests Scale")

 (DESCRIPTION "Areas of interest within the overall category.")

 (SCALE-GROUP-NAME "career-interest")

 (SCALE-QUESTIONS (CARIMD

            CARINURS

            CARIPTHE

            CARIHEAL

            CARIKINE

            CARICOM5

            CARMEDTE))

 (MEAN-SCORE NIL)

 (HELP-LINKS ("c15-carp.htm"))))

 ------------------------- SCALE -----------------------

"SINMILTC"

((NAME-STRING "sinmiltc")

 (LABEL "s-Law, Milit Interests")

 (SCALE-NAME "Law, Law Enforcement, or Military-Related Interests")

 (DESCRIPTION "Areas of interest within the overall category.")

 (SCALE-GROUP-NAME "career-interest")

 (SCALE-QUESTIONS (CARILAW CARICRIM CARIMIL7))

 (MEAN-SCORE NIL)

 (HELP-LINKS ("c15-carp.htm"))))

 ------------------------- SCALE -----------------------

"INNATSCI"

((NAME-STRING "inNatSci")

 (LABEL "s-Nat Sci Interests")

 (SCALE-NAME "Natural Science-Related Interests")

 (DESCRIPTION "Areas of interest within the overall category.")

 (SCALE-GROUP-NAME "career-interest")

 (SCALE-QUESTIONS (CARICHE3 CARIPHYS CARIGEOL CARIASTR CARIENVI))

 (MEAN-SCORE NIL)

 (HELP-LINKS ("c15-carp.htm"))))

 ------------------------- SCALE -----------------------

"SINSOCSC"

((NAME-STRING "sinsocsc")

 (LABEL "s-Social science major interests")

 (SCALE-NAME "Social Science-Related Interests")

 (DESCRIPTION "Areas of interest within the overall category.")

 (SCALE-GROUP-NAME "career-interest")

 (SCALE-QUESTIONS (CARIPSYC

          CARISOCO

          CARIHIST

          CARIPOLS

          CARIECON

          CARGEOGR

          CARIAMER

          CARIANTR

          CARIANTH

          CARISPEE

CARLING))
    (MEAN-SCORE NIL)
    (HELP-LINKS ("c15-carp.htm"))))

         ------------------------ SCALE -----------------------

    "SINWOETH"
    ((NAME-STRING "sinwoeth")
    (LABEL "s-Womens or ethnics studies mj int")
    (SCALE-NAME "Women and Ethnic Group-Related Interests")
    (DESCRIPTION "Areas of interest within the overall category.")
    (SCALE-GROUP-NAME "career-interest")
    (SCALE-QUESTIONS (CARIAIST CARIBSTU CARIMEXA CARIASAM CARIAMST CARIWSTU))
    (MEAN-SCORE NIL)
    (HELP-LINKS ("c15-carp.htm"))))

         ------------------------ SCALE -----------------------

    "SINWRITE"
    ((NAME-STRING "sinwrite")
    (LABEL "s-Writing major interests")
    (SCALE-NAME "Writing and Media-Related Interests")
    (DESCRIPTION "Areas of interest within the overall category.")
    (SCALE-GROUP-NAME "career-interest")
    (SCALE-QUESTIONS (CARIENGL CARIJOUR))
    (MEAN-SCORE NIL)
    (HELP-LINKS ("c15-carp.htm"))))

         ------------------------ SCALE -----------------------

    "SEHAPPY"
    ((NAME-STRING "sehappy")
    (LABEL "s-Overall happiness")
    (SCALE-NAME "Overall Happiness")
    (DESCRIPTION "Overall happiness in various life areas including home, career, family, romance, recreation, health, and direct questions about overall happiness for recent past, current, and expected future time periods (15items). An overall low score may indicate high unhappiness and depression. Check individual questions to identify areas of high stress, avoidance, and/or need for improvement or help. (15 items)")
    (SCALE-GROUP-NAME "outcome")
    (SCALE-QUESTIONS (HAPCLFRN

              HAPCARNW

              HAPCARFU

HAPFRIEN

                HAPAREA

                HAPWKREL

                HAPPE

                HAPRECRE

                HAPSEXRE

                HAPFAMIL

                HAPSELFD

                HAPSPIRI

                HAPYEAR

                HAP3YEAR

                HAPLIFE

                HAPEXPEC))

    (MEAN-SCORE ".600")

    (HELP-LINKS ("my-peek.htm" "index.html" "hhapchkl.htm"))))

=========================== OUTCOMES CATEGORY SCALES =======================

------------------------ SCALE -----------------------

 "SRDEPRES"

 ((NAME-STRING "srdepres")

 (LABEL "s-LoDepression outcomes")

 (SCALE-NAME "Low Depression Symptoms and Treatment")

 (DESCRIPTION "Items were developed from the DSM-IV depression diagnosis criteria and written as self-assessment items. The scale also asks the amount of psychotherapy and medication taken for depression. It was scored in reverse so that high scores would mean low depression. Reverse scored. (6 items)")

 (SCALE-GROUP-NAME "outcome")

 (SCALE-QUESTIONS (RDEPFEEL RDEPTHOU RDEPDYSS RDEPMAJS RDEPMEDS RDEPTHER))

 (MEAN-SCORE ".599")

 (HELP-LINKS ("depression.htm" "my-peek.htm" "h85cdepr.htm"))))

 ------------------------ SCALE -----------------------

 "SRANXIET"

 ((NAME-STRING "sranxiet")

 (LABEL "s-LoAnxiety symp+treat outcomes")

 (SCALE-NAME "Anxiety Symptoms and Treatment")

(DESCRIPTION "Items were developed from the DSM-IV anxiety disorder diagnosis criteria and written as self-assessment items. The scale also asks the amount of psychotherapy and medication taken for anxiety-related disorders. Included were phobias and some obsession and compulsion-related items. Reverse scored. (9 items)")

(SCALE-GROUP-NAME "outcome")

(SCALE-QUESTIONS (RANXPERF

        RANXALLT

        RANXPSTD

        RANXSOCI

        RANXOCD

        RANXPHOB

        RANXPANI

        RANXTHER

        RANXMEDS))

(MEAN-SCORE ".719")

(HELP-LINKS ("anxiety.htm" "my-peek.htm" "h8hf2.htm"))))

------------------------- SCALE -----------------------

"SRANGAGG"

((NAME-STRING "srangagg")

(LABEL "s-LoAnger-aggression outcomes")

(SCALE-NAME "Low Anger-Aggression")

(DESCRIPTION "Items include frequency of losing temper, name-calling/yelling, aggressive acts, and thoughts about getting even. Anger-related problems--such as aggressive, threatening, dominating, violent, or abusive behavior. Often accompanied by feelings of loneliness, being unloved, not being understood, or persecution. Reverse scored. (5 items)")

(SCALE-GROUP-NAME "outcome")

(SCALE-QUESTIONS (RANGFEEL RANGYELL RANGDOMI RANGTHOU RANGDEST))

(MEAN-SCORE ".772")

(HELP-LINKS ("b-anger.htm" "my-peek.htm"))))

------------------------- SCALE -----------------------

"SRELHLTH"

((NAME-STRING "srelhlth")

(LABEL "s-Health outcomes")

(SCALE-NAME "Physical Health")

(DESCRIPTION "General indicators of your physical health. Frequency of illness, alcohol and drug use, weight, and conditioning estimates. (6 items)")

(SCALE-GROUP-NAME "outcome")

(SCALE-QUESTIONS (RHLFREQI RHLALCOH RHLSMOKE RHLDRUGS RHLPHYSI RHLWEIGH))

```
  (MEAN-SCORE ".702")

  (HELP-LINKS ("health tips.htm"))))

  ------------------------- SCALE -----------------------

 "SRPEOPLE"

 ((NAME-STRING "srpeople")

 (LABEL "s-Relationship outcomes")

 (SCALE-NAME "Interpersonal Relations")

 (DESCRIPTION "Number and quality of friends, happiness in marital-like relationship, and work relationships. (7
items) ")

 (SCALE-GROUP-NAME "outcome")

 (SCALE-QUESTIONS (RPEHAPFR

          RPEHMARR

          RPENETW

          RPECLFRN

          RPENUMFR

          RPENUMCL

          RPECOMMI))

 (MEAN-SCORE ".521")

 (HELP-LINKS ("conversational_skills.htm"

       "assertion_training.htm"

       "overcoming_loneliness.htm"))))

  ---------------------- SCALE -----------------------

 "SUSERFEEDBACK"

 ((NAME-STRING "sUserFeedback")

 (LABEL "User Feedback")

 (SCALE-NAME "sUserFeedback")

 (DESCRIPTION "User Feedback--1 item")

 (SCALE-GROUP-NAME NIL)

 (SCALE-QUESTIONS (USERRATE))

 (MEAN-SCORE NIL)

 (HELP-LINKS NIL))))
```

[Technical note: Above found by function (setf *all-scale-slotvals1 (get-superclass-multi-slot-values "SCALE" '(name-string label scale-name description scale-group-name scale-questions mean-score help-links)))C
L-USER 9 > (pprint *all-scale-slotvals1)]

---------------------- SUBSCALE -----------------------

"SSWVGRATPT"

((NAME-STRING "sswvgratpt")

(LABEL "sswv-Grateful abundance beliefs")

(SCALE-NAME "Grateful Abundance Beliefs")

(DESCRIPTION "High gratitude for life and whatever one has; high proportion of positive thoughts. (5 items). Had best correlation with overall happiness of any scale (0.722). Also correlated 0.574 with low depression, 0.445 with low anxiety, and 0.356 with low anger/aggression.")

(SCALE-GROUP-NAME "beliefs")

(SCALE-QUESTIONS (TBVGRATI WOVABUND WOVGRATE))

(MEAN-SCORE ".668")

(HELP-LINKS ("h44defic.htm" "h4world.htm" "h45strea.htm"))))

---------------------- SUBSCALE -----------------------

"SSWVOPTIMS"

((NAME-STRING "sswvoptims")

(LABEL "sswv-Optimism about self and world")

(SCALE-NAME "Optimism")

(DESCRIPTION "Optimism about self and the world. Good forces in control. Optimism increases motivation, energy, and positive thoughts. (3 items). Correlated .543with happiness, .354 with low depression, .284 with low anxiety, and .265 with low anger/aggression.")

(SCALE-GROUP-NAME "sworldview")

(SCALE-QUESTIONS (WOVPROGR WOVGOODF WOVMYLIF WOVPOSTH))

(MEAN-SCORE "641")

(HELP-LINKS ("h4world.htm"))))

---------------------- SUBSCALE -----------------------

"SSWVENTIT"

((NAME-STRING "sswventit")

(LABEL "sswv-NotEntitlement beliefs")

(SCALE-NAME "No Entitlment Beliefs")

(DESCRIPTION "Not believing that person owed either the basic necessities or a high standard of living. Don't feel entitled to anything in life. Belief all we receive is a bonus.. (2 items). Correlated .157 with happiness, 164, with low depression,.185 with low anxiety, and .266 with low anger/aggression.")

(SCALE-GROUP-NAME "sworldview")

(SCALE-QUESTIONS (TBVENTIT WOVNFAIR WOVINJUR WOVENTIT))

(MEAN-SCORE ".496")

(HELP-LINKS ("h44defic.htm"))))

---------------------- SUBSCALE ----------------------

"SSSWNONCONT"

((NAME-STRING "ssswNonCont")

(LABEL "sssw-Not conting or dysf SelfWorth")

(SCALE-NAME "Unconditional Self-Worth")

(DESCRIPTION "Self-worth based upon being human and internal qualities--not based upon being liked, strong, the best, living by the rules, being a winner, or any other conditional or external factor. (6 items). ")

(SCALE-GROUP-NAME "stbslfwo")

(SCALE-QUESTIONS (TBVOTHFI TBVLIKED TBVWEAK TBVBEST TBVRULES TBVWINNE))

(MEAN-SCORE ".655")

(HELP-LINKS ("h5self.htm"))))

---------------------- SUBSCALE ----------------------

"SSSWHAPALLGRAT"

((NAME-STRING "ssswHapAllGrat")

(LABEL "sssw-HigherSelf--MaxLoveHapBal-Grat")

(SCALE-NAME "Balanced Love-Happiness Priorities")

(DESCRIPTION "Value love and happiness for self and all others, gratitude, and make decisions to maximize happiness balancing it across time and people.(5 items). Correlated .567 with happiness, .328, with low depression,.247 with low anxiety, and .360 with low anger/aggression.")

(SCALE-GROUP-NAME "stbslfwo")

(SCALE-QUESTIONS (TBVBALAN TBVHAPCA TBVGRATI THVUNCON THVSELFW))

(MEAN-SCORE ".573")

(HELP-LINKS ("h1hap.htm" "h5self.htm"))))

---------------------- SUBSCALE ----------------------

"SSSWACALLSELF"

((NAME-STRING "ssswAcAllSelf")

(LABEL "sssw-Accept all of self 1")

(SCALE-NAME "Self-Acceptance")

(DESCRIPTION "Accepting and valuing all parts of oneself including dysfunctional parts and parts not consistent with overall self-image, values, etc. even though may be trying to change them. Not anger at self parts or repression of them.(1 item). ")

(SCALE-GROUP-NAME "stbslfwo")

(SCALE-QUESTIONS (THVSELFA))

(MEAN-SCORE ".343")

(HELP-LINKS ("h53accep.htm" "h32decis.htm" "h23explo.htm"))))

---------------------- SUBSCALE -----------------------

"SSIEAUTONY"

((NAME-STRING "ssieautony")

(LABEL "ssie Autonomy independence")

(SCALE-NAME "Relationship Autonomy")

(DESCRIPTION "Autonomy, independence from being controlled by others. Belief in taking care of self, controlling own happiness, not dependent upon one person (3 items). Correlated .553 with happiness, .438, with low depression,.434 with low anxiety, and .367 with low anger/aggression.")

(SCALE-GROUP-NAME "siecontr")

(SCALE-QUESTIONS (IECSELFS IECICONT IECDEPEN))

(MEAN-SCORE ".702")

(HELP-LINKS ("h6intern.htm"))))

---------------------- SUBSCALE -----------------------

"SSIENCODEP"

((NAME-STRING "ssiencodep")

(LABEL "ssie-Not codependent")

(SCALE-NAME "Not Codependent")

(DESCRIPTION "Not codependent or taken advantage of by others you help. Not care for others and neglect self or give too much more than others do for you. (3 items)Correlated .213 with happiness, .230, with low depression,.283 with low anxiety, and .243 with low anger/aggression.")

(SCALE-GROUP-NAME "siecontr")

(SCALE-QUESTIONS (IECCOFEE IECCOPRB))

(MEAN-SCORE ".538")

(HELP-LINKS ("h6intern.htm"))))

---------------------- SUBSCALE -----------------------

"SSIENOTHER"

((NAME-STRING "ssienother")

(LABEL "ssie-Not care-provider for other")

(SCALE-NAME "Control Own Emotions Beliefs")

(DESCRIPTION "Belief that person has primary/direct control of own happiness and other emotions--not controlled by primarily heredity, environment, or others (2 Items).")

(SCALE-GROUP-NAME "siecontr")

(SCALE-QUESTIONS (IECPEOPL IECGENET))

(MEAN-SCORE ".565")

(HELP-LINKS ("h2choose.htm"))))

---------------------- SUBSCALE -----------------------

"SSB2ETHIC"

((NAME-STRING "ssb2Ethic")

(LABEL "ssb2-Ethics grounded in abstract absolutes")

(SCALE-NAME "Abstract Absolutes-Grounded Ethics")

(DESCRIPTION "Ethics based upon abstract absolutes versus relativism. Philosophical beliefs guide daily life. Believe we are ethically responsible even if bad genes or environment. Science/reason alone not enough to guide ethics. (4 items). Correlated .346 with happiness, .266, with low depression,.294 with low anxiety, and .373 with low anger/aggression.")

(SCALE-GROUP-NAME "sethbel")

(SCALE-QUESTIONS (TB2RELAT TBV2NOTR TB2REASO TBV2CORE))

(MEAN-SCORE ".672")

(HELP-LINKS ("life_goals_and_meaning.htm" "h3hiself.htm" "h13topgo.htm"))))

---------------------- SUBSCALE -----------------------

"SSB2FORGIV"

((NAME-STRING "ssb2Forgiv")

(LABEL "ssb2-Forgiving-egalitarian")

(SCALE-NAME "Forgiveness")

(DESCRIPTION "Highly forgiving of others, egalitarian/democratic beliefs. Forgiveness based upon inner qualities not based upon good works. Not believe bad only happens to bad (2 items). Correlated .282 with happiness, .216, with low depression,.294 with low anxiety, and .378 with low anger/aggression.")

(SCALE-GROUP-NAME "sethbel")

(SCALE-QUESTIONS (TB2PUNIS TB2GDWRK))

(MEAN-SCORE ".751")

(HELP-LINKS ("h53accep.htm" "h23explo.htm" "h51worth.htm"))))

---------------------- SUBSCALE -----------------------

"SSB2IDGRND"

((NAME-STRING "ssb2IDgrnd")

(LABEL "ssb2-Identify with abstract whole")

(SCALE-NAME "Identification With Humanity")

(DESCRIPTION "Identify with abstract whole such as all humanity vs. a specific group (eg. family) or a specific role.(2 items). Correlated .258 with happiness and .214 with low anger/aggression.")

(SCALE-GROUP-NAME "sethbel")

(SCALE-QUESTIONS (TB2IDHUM TB2MOVEM))

(MEAN-SCORE ".412")

(HELP-LINKS ("h3hiself.htm"))))

---------------------- SUBSCALE -----------------------

"SSB2GRNDMNG"

((NAME-STRING "ssb2GrndMng")

 (LABEL "ssb2-Meaning from abstract absolutes")

 (SCALE-NAME "Abstract Principles-Entities Ethics")

 (DESCRIPTION "Base meaning on abstract principles such as integrity, honesty, God, Nature, etc. instead of particular objects, events, or situational factors (eg. money, career, home, or other people). Correlated .256 with happiness, .225, with low depression,.264 with low anxiety, and .277 with low anger/aggression.")

 (SCALE-GROUP-NAME "sethbel")

 (SCALE-QUESTIONS (TB2GROUM TB2SELFM))

 (MEAN-SCORE ".624")

 (HELP-LINKS ("h13topgo.htm"))))

 ---------------------- SUBSCALE -----------------------

 "SSB2INRGOOD"

 ((NAME-STRING "ssb2InrGood")

 (LABEL "ssb2-Inner goodness in all")

 (SCALE-NAME "Inner Goodness In All")

 (DESCRIPTION "Belief in basic inner value and goodness in all people. Goodness depends more on attitude than behavior. (2 items). Correlated .327 with happiness and .226 with low anger/aggression.")

 (SCALE-GROUP-NAME "sethbel")

 (SCALE-QUESTIONS (TB2GDATT TB2ALLGD))

 (MEAN-SCORE ".546")

 (HELP-LINKS ("h51worth.htm"))))

 ---------------------- SUBSCALE -----------------------

 "SSB2NOASTR"

 ((NAME-STRING "ssb2noAstr")

 (LABEL "ssb2-Not belief in astrology. (1 item)")

 (SCALE-NAME "Not Astrology Belief")

 (DESCRIPTION "Does not believe in astrology")

 (SCALE-GROUP-NAME "sethbel")

 (SCALE-QUESTIONS (TBV2ASTR))

 (MEAN-SCORE ".718")

 (HELP-LINKS ("h54confi.htm" "h6intern.htm"))))

 ---------------------- SUBSCALE -----------------------

 "SSB2LIFAD"

 ((NAME-STRING "ssb2lifad")

 (LABEL "ssb2-Belief in LifeAfterDeath1")

 (SCALE-NAME "Life After Death Belief")

(DESCRIPTION "Belief in life after death. (1 item)")

(SCALE-GROUP-NAME "sethbel")

(SCALE-QUESTIONS (TB2LIFAD))

(MEAN-SCORE ".606")

(HELP-LINKS NIL)))

---------------------- SUBSCALE ----------------------

"SSWFSOCIAL"

((NAME-STRING "sswfsocial")

(LABEL "sswf-Not not-social or alone")

(SCALE-NAME "Low Social Fears")

(DESCRIPTION "Low fear of being unwanted, alone, unloved, etc. (4 items). Correlated .492 with happiness, .444, with low depression,.366 with low anxiety, and .275 with low anger/aggression.")

(SCALE-GROUP-NAME "sgrfears")

(SCALE-QUESTIONS (WOVALONE WOVNOLOV WOVLIKED WOVPROBL))

(MEAN-SCORE ".550")

(HELP-LINKS ("h43dark.htm" "c-rejct.htm" "h6intern.htm"))))

---------------------- SUBSCALE ----------------------

"SSWFSELF"

((NAME-STRING "sswfself")

(LABEL "sswf-Not self-related fears")

(SCALE-NAME "Low Self-Related Fears")

(DESCRIPTION "Confidence can overcome worst fears/problems. Low fear of being overwhelmed by personal problems. (3 items)")

(SCALE-GROUP-NAME "sgrfears")

(SCALE-QUESTIONS (WOVPERSO WOVDISCO WOVOVERC))

(MEAN-SCORE ".625")

(HELP-LINKS ("h43dark.htm" "h5self.htm" "h23explo.htm"))))

---------------------- SUBSCALE ----------------------

"SSWFPOVFAI"

((NAME-STRING "sswfpovfai")

(LABEL "sswf-Not poverty-failure fears")

(SCALE-NAME "Low Failure-Poverty Fears")

(DESCRIPTION "Low fear of poverty, failure, lack of career success. (3 items)")

(SCALE-GROUP-NAME "sgrfears")

(SCALE-QUESTIONS (WOVHAPPY WOVPOOR WOVSUCCE))

(MEAN-SCORE ".576")

(HELP-LINKS ("h43dark.htm" "h23explo.htm" "h5self.htm"))))

    ----------------------- SUBSCALE ------------------------

  "SSWFILLDEA"

  ((NAME-STRING "sswfilldea")

   (LABEL "sswf-Not illness-death fears")

   (SCALE-NAME "Low Illness or Death Fears")

   (DESCRIPTION "Low fear of illness or death. (2 items)")

   (SCALE-GROUP-NAME "sgrfears")

   (SCALE-QUESTIONS (WOVILL WOVDEATH))

   (MEAN-SCORE ".702")

   (HELP-LINKS ("h43dark.htm"))))

    ----------------------- SUBSCALE ------------------------

  "SSSCLEARN"

  ((NAME-STRING "sssclearn")

   (LABEL "sssc-SelfConf-Learning")

   (SCALE-NAME "Learning Confidence")

   (DESCRIPTION "Confidence in own intelligence, learning, study skills, analytical thinking, synthesis, research
methodology, computer-related, and critical thinking. (7 items)")

   (SCALE-GROUP-NAME "sslfconf")

   (SCALE-QUESTIONS (SLFLEARN SLFCRITT SLFRESEA SLFANALY SLFSYNTH SLFCOMPU SLFIQ))

   (MEAN-SCORE ".801")

   (HELP-LINKS ("learning_&_study_skills.htm" "LEARN.htm"))))

    ----------------------- SUBSCALE ------------------------

  "SSSCCOPOPT"

  ((NAME-STRING "sssccopopt")

   (LABEL "sssc-SelfConf-PosAchCopeRelate")

   (SCALE-NAME "Achievement Confidence")

   (DESCRIPTION "Confidence/skills of optimistic-assertive engagement for both people and nonpeople tasks.
Achievement motivation, work habits, emotional control, optimism, self-disclosure, and caring conflict resolution. (6
items)")

   (SCALE-GROUP-NAME "sslfconf")

   (SCALE-QUESTIONS (SLFSELF4 SLFCOPE SLFSELF5 SLFCONFL SLFOPTIM SLFFRIEN))

   (MEAN-SCORE ".623")

   (HELP-LINKS ("patsm96.htm"

        "concentration.htm"

        "h-app-e-InterpersonalSkills.htm"))))

---------------------- SUBSCALE -----------------------

"SSSCSMSMSD"

((NAME-STRING "ssscsmsmsd")

(LABEL "sssc-SelfConf-self control discipline develop")

(SCALE-NAME "Self-Management Confidence")

(DESCRIPTION "Confidence/skills in self control, self-discipline, and self-development. Good decision-making and planning, time-management in all areas of self-development/change, finances, self-discipline, health, etc. (7 items).")

(SCALE-GROUP-NAME "sslfconf")

(SCALE-QUESTIONS (SLFDECMA

            SLFTIMEM

            SLFSELFM

            SLFACHAN

            SLFMANA6

            SLFHEAL3

            SLFINDEP))

(MEAN-SCORE ".657")

(HELP-LINKS ("time_management.htm" "wsps.htm"))))

---------------------- SUBSCALE -----------------------

"SSSCINTERP"

((NAME-STRING "ssscinterp")

(LABEL "sssc-SelfConf-Career interpersonal skills")

(SCALE-NAME "Career-Related Interpersonal Confidence")

(DESCRIPTION "Confidence/skills in career-related interpersonal skills. Managing others, persuasion, meeting people, public speaking, and adaptability (7 items). ")

(SCALE-GROUP-NAME "sslfconf")

(SCALE-QUESTIONS (SLFADAPT

            SLFMEETP

            SLFPERSU

            SLFMANA7

            SLFBUSAN

            SLFSPEAK

            SLFJOBSE))

(MEAN-SCORE ".657")

(HELP-LINKS ("assertion_training.htm"

        "developing_intimacy.htm"

        "conversational_skills.htm"))))

---------------------- SUBSCALE ----------------------

"SSSCALLHELP"

((NAME-STRING "ssscallhelp")

(LABEL "sssc-SelfConf-Helping skills")

(SCALE-NAME "Helping Skills Confidence")

(DESCRIPTION "Confidence/skills for counseling or teaching others. Knowledge of philosophy, religion, and social science and helping, counseling, teaching interpersonal skills. (6 Items)")

(SCALE-GROUP-NAME "sslfconf")

(SCALE-QUESTIONS (SLFSOCSC SLFPHILR SLFLIBAR SLFEDUCH SLFLISTE SLFHELPS))

(MEAN-SCORE ".740")

(HELP-LINKS ("c14-lisn.htm" "h23explo.htm"))))

---------------------- SUBSCALE ----------------------

"SSSCSCIENCE"

((NAME-STRING "ssscscience")

(LABEL "sssc-SelfConf-Natural science")

(SCALE-NAME "Natural Science Confidence")

(DESCRIPTION "Confidence/skills in natural science knowledge and reasoning including physics, chemistry, biology, and engineering (4 items).")

(SCALE-GROUP-NAME "sslfconf")

(SCALE-QUESTIONS (SLFBIOSC SLFNATSC SLFHEAL2 SLFENGIN))

(MEAN-SCORE ".583")

(HELP-LINKS NIL)))

---------------------- SUBSCALE ----------------------

"SSSCARTCRE"

((NAME-STRING "ssscartcre")

(LABEL "sssc-SelfConf-Art creative")

(SCALE-NAME "Creative and Artistic Confidence")

(DESCRIPTION "Fine and performing arts, and creative thinking (3 items)")

(SCALE-GROUP-NAME "sslfconf")

(SCALE-QUESTIONS (SLFCREAT SLFPERFA SLFFINEA))

(MEAN-SCORE ".659")

(HELP-LINKS NIL)))

---------------------- SUBSCALE ----------------------

"SSSMTIMEMANGOALSET"

((NAME-STRING "sssmTimeManGoalSet")

(LABEL "sssm-Time management-OPATSM")

(SCALE-NAME "Self-Management Skills and Habits")

(DESCRIPTION "Using a good self-management system. Time management/goal-setting/decision-making Frequent sessions prioritizing goals and writing daily task lists for each life area. Breaking large projects into organized, scheduled tasks. (5 items)")

(SCALE-GROUP-NAME "sselfman")

(SCALE-QUESTIONS (SMTFUTUR SMTPTODO SMTGOALS SMTSCHD SMT2DTOD))

(MEAN-SCORE ".505")

(HELP-LINKS ("h9patsm.htm"))))

----------------------- SUBSCALE -----------------------

"SSSMACCOMPLORUSH"

((NAME-STRING "sssmAccompLoRush")

(LABEL "sssm-Busy,accomplishment,efficient")

(SCALE-NAME "Efficient Accomplishement")

(DESCRIPTION "Accomplishment: busy, efficient task completion without feeling too rushed or pressured. (2 items)")

(SCALE-GROUP-NAME "sselfman")

(SCALE-QUESTIONS (SMTBUSY SMTACMPL))

(MEAN-SCORE ".494")

(HELP-LINKS ("h9patsm.htm" "possi.htm" "h23explo.htm"))))

----------------------- SUBSCALE -----------------------

"SSSMSELFDEVEL"

((NAME-STRING "sssmSelfDevel")

(LABEL "sssm-Self-develop, take advice,habit chng")

(SCALE-NAME "Self-development Skills and Habits")

(DESCRIPTION "Self-development habits and skills including taking advice and self-change program(s).(3 Items)")

(SCALE-GROUP-NAME "sselfman")

(SCALE-QUESTIONS (SMTSDEVE SMTGHELP SMTHABCH))

(MEAN-SCORE ".647")

(HELP-LINKS ("index.html" "self-helpLinks.htm"))))

----------------------- SUBSCALE -----------------------

"SSSMHEALTHHABS"

((NAME-STRING "sssmHealthHabs")

(LABEL "sssmHealthHabits")

(SCALE-NAME "Health Habits")

(DESCRIPTION "Health habits. Research has shown that your nutritional, exercise, sleep, substance abuse, safety and risk-taking habits, and stress management can have very large effects upon your health and life span. (3 Items)")

(SCALE-GROUP-NAME "sselfman")

(SCALE-QUESTIONS (SMTEXERC SMTEATH SMTSLEEP))

    (MEAN-SCORE ".558")

    (HELP-LINKS ("health tips.htm" "weight_control.htm" "substance_abuse.htm"))))

    ---------------------- SUBSCALE -----------------------

    "SSCPPROBSOLV"

    ((NAME-STRING "sscpProbSolv")

    (LABEL "sscp-Prob solve talk,selfexpl,expect")

    (SCALE-NAME "Emotional Coping Using Problem-Solving")

    (DESCRIPTION "When upset, face problem now and use positive problem-solving to overcome it. Face, explore, and discuss problems. (4 items)")

    (SCALE-GROUP-NAME "semotcop")

    (SCALE-QUESTIONS (COPPSOLV COPTALKS COPEXPEC COPSELFE))

    (MEAN-SCORE ".599")

    (HELP-LINKS ("h8hf2.htm" "wsps.htm" "concentration.htm"))))

    ---------------------- SUBSCALE -----------------------

    "SSCPPOSTHOUGHTS"

    ((NAME-STRING "sscpPosThoughts")

    (LABEL "sscp-Pos thoughts-phil, pep talk")

    (SCALE-NAME "Emotional Coping Using Positive Thoughts")

    (DESCRIPTION "When upset, think positive thoughts. Positive; not critical, punitive, or negative thoughts in response to negative emotions. (2 items)")

    (SCALE-GROUP-NAME "semotcop")

    (SCALE-QUESTIONS (COPNEGTH COPPEPTA))

    (MEAN-SCORE ".477")

    (HELP-LINKS ("h8hf2.htm"))))

    ---------------------- SUBSCALE -----------------------

    "SSCPPOSACTS"

    ((NAME-STRING "sscpPosActs")

    (LABEL "sscp-Pos acts,fun,exercise")

    (SCALE-NAME "Emotional Coping Using Positive Activities")

    (DESCRIPTION "When upset, do positive, constructive activities such as complete problem-related or other involving tasks, have fun, exercise, etc. (2 items)")

    (SCALE-GROUP-NAME "semotcop")

    (SCALE-QUESTIONS (COPFUN COPPE))

    (MEAN-SCORE ".457")

    (HELP-LINKS ("h87focus.htm" "h86optim.htm"))))

---------------------- SUBSCALE -----------------------

"SSCPNOBLAMEANGERWDRAW"

((NAME-STRING "sscpNoBlameAngerWDraw")

 (LABEL "sscp-Not anger,blame,withdraw")

 (SCALE-NAME "Emotional Coping Without Blaming")

 (DESCRIPTION "When upset, don't get angry, too critical, or blame self or others or withdraw. (5 items)")

 (SCALE-GROUP-NAME "semotcop")

 (SCALE-QUESTIONS (COPEMOTA COPBLAME COPWDRW COPNEGPH COPSELFB))

 (MEAN-SCORE ".580")

 (HELP-LINKS ("h8hf2.htm" "h86optim.htm" "b-anger.htm"))))

---------------------- SUBSCALE -----------------------

"SSCPNOTSMOKDRUGMED"

((NAME-STRING "sscpNotSmokDrugMed")

 (LABEL "sscp-Not smoke,drugs")

 (SCALE-NAME "Emotional Coping Without Substance Abuse")

 (DESCRIPTION "When upset, don't smoke, drink alcohol, or take drugs. (2 items)")

 (SCALE-GROUP-NAME "semotcop")

 (SCALE-QUESTIONS (COPSMOKE COPDRUG))

 (MEAN-SCORE ".791")

 (HELP-LINKS ("smoking.htm" "substance_abuse.htm"))))

---------------------- SUBSCALE -----------------------

"SSCPNOTEAT"

((NAME-STRING "sscpNotEat")

 (LABEL "sscp-Not eat 1")

 (SCALE-NAME "Emotional Coping Without Eating")

 (DESCRIPTION "When upset, don't eat to feel better. (1 item)")

 (SCALE-GROUP-NAME "semotcop")

 (SCALE-QUESTIONS (COPCOPEA))

 (MEAN-SCORE ".665")

 (HELP-LINKS ("weight_control.htm"))))

---------------------- SUBSCALE -----------------------

"HAPSDMEANSPIRITSS"

((NAME-STRING "hapSDMeanSpiritSS")

 (LABEL "ssh-SelfDevel, meaning/spiritualHap")

 (SCALE-NAME "Spiritual and Mental Life Happiness")

(DESCRIPTION "Happiness in your self-development, spiritual life, and life meaning")

(SCALE-GROUP-NAME "sehappy")

(SCALE-QUESTIONS (HAPSELFD HAPSPIRI))

(MEAN-SCORE 0.6132)

(HELP-LINKS ("life_goals_and_meaning.htm" "h3hiself.htm"))))

----------------------- SUBSCALE -----------------------

"HAPCAREEREXSS"

((NAME-STRING "hapCareerExSS")

(LABEL "ssh-Career happiness")

(SCALE-NAME "Career Happiness")

(DESCRIPTION "Happiness in your career, work, or school")

(SCALE-GROUP-NAME "sehappy")

(SCALE-QUESTIONS (HAPCARFU HAPCARNW))

(MEAN-SCORE 0.61)

(HELP-LINKS ("index.html" "self-helpLinks.htm" "c15-carp.htm"))))

----------------------- SUBSCALE -----------------------

"HAPRECPESS"

((NAME-STRING "hapRecPESS")

(LABEL "ssh-Recreation PhysAct happiness")

(SCALE-NAME "Recreation and Physical Activity Happiness")

(DESCRIPTION "Happiness in your recreation and physical activity.")

(SCALE-GROUP-NAME "sehappy")

(SCALE-QUESTIONS (HAPPE HAPRECRE))

(MEAN-SCORE 0.559)

(HELP-LINKS ("index.html" "self-helpLinks.htm" "c15-carp.htm"))))

----------------------- SUBSCALE -----------------------

"HAPAREASS"

((NAME-STRING "hapAreaSS")

(LABEL "ssh-LivingArea happiness")

(SCALE-NAME "Living Area Happiness")

(DESCRIPTION "Happiness living in your area.")

(SCALE-GROUP-NAME "sehappy")

(SCALE-QUESTIONS (HAPAREA))

(MEAN-SCORE 0.6)

(HELP-LINKS ("index.html" "self-helpLinks.htm" "c15-carp.htm"))))

---------------------- SUBSCALE -----------------------

"HAPFAMSS"

((NAME-STRING "hapFamSS")

 (LABEL "ssh-Family happiness")

 (SCALE-NAME "Family Happiness")

 (DESCRIPTION "Happiness in your family life.")

 (SCALE-GROUP-NAME "sehappy")

 (SCALE-QUESTIONS (HAPFAMIL))

 (MEAN-SCORE 0.64)

 (HELP-LINKS ("index.html" "self-helpLinks.htm" "c15-carp.htm"))))

---------------------- SUBSCALE -----------------------

"HAPROMSS"

((NAME-STRING "hapRomSS")

 (LABEL "ssh-Romantic happiness")

 (SCALE-NAME "Romantic Happiness")

 (DESCRIPTION "Happiness in your romantic life.")

 (SCALE-GROUP-NAME "sehappy")

 (SCALE-QUESTIONS (HAPSEXRE))

 (MEAN-SCORE 0.461)

 (HELP-LINKS ("conversational_skills.htm" "developing_intimacy.htm"))))

---------------------- SUBSCALE -----------------------

"HAPFRIENDSSS"

((NAME-STRING "hapFriendsSS")

 (LABEL "ssh-Friends happiness")

 (SCALE-NAME "Friendship Happiness")

 (DESCRIPTION "Happiness in your friendships")

 (SCALE-GROUP-NAME "sehappy")

 (SCALE-QUESTIONS (HAPCLFRN HAPFRIEN HAPWKREL))

 (MEAN-SCORE 0.621)

 (HELP-LINKS ("conversational_skills.htm"

        "developing_intimacy.htm"

        "overcoming_loneliness.htm"))))

---------------------- SUBSCALE -----------------------

"HAPFUTURESS"

((NAME-STRING "hapFutureSS")

(LABEL "ssh-Expected future happiness")

(SCALE-NAME "Expected Future Happiness")

(DESCRIPTION "Overall expectation of future happiness. (1 item)")

(SCALE-GROUP-NAME "sehappy")

(SCALE-QUESTIONS (HAPEXPEC))

(MEAN-SCORE 0.757)

(HELP-LINKS ("index.html" "self-helpLinks.htm"))))

----------------------- SUBSCALE -----------------------

"HAPPASTSS"

((NAME-STRING "hapPastSS")

(LABEL "ssh-Happy to 3yrs ago")

(SCALE-NAME "Happiness to 3 Years Ago")

(DESCRIPTION "Happiness up to 3 years ago. (1 item)")

(SCALE-GROUP-NAME "sehappy")

(SCALE-QUESTIONS (HAPLIFE))

(MEAN-SCORE 0.609)

(HELP-LINKS ("index.html" "self-helpLinks.htm"))))

----------------------- SUBSCALE -----------------------

"HAPRECENTSS"

((NAME-STRING "hapRecentSS")

(LABEL "ssh-Happy recently")

(SCALE-NAME "Past 3 Years Happiness")

(DESCRIPTION "Happiness in the past 3 years. (1 item)")

(SCALE-GROUP-NAME "sehappy")

(SCALE-QUESTIONS (HAPYEAR HAP3YEAR))

(MEAN-SCORE 0.558)

(HELP-LINKS ("index.html" "self-helpLinks.htm"))))

----------------------- SUBSCALE -----------------------

"SSRECLOSEFRIENDS"

((NAME-STRING "ssreCloseFriends")

(LABEL "ssre-CloseFriends")

(SCALE-NAME "Close Friends")

(DESCRIPTION "Relationship Outcome--Friendship Closeness. Quality of close friends. (2 items)")

(SCALE-GROUP-NAME "srpeople")

(SCALE-QUESTIONS (RPENETW RPECLFRN))

(MEAN-SCORE 0.215)

(HELP-LINKS ("conversational_skills.htm" "developing_intimacy.htm"))))

---------------------- SUBSCALE ----------------------

"SSREROMRELSUC"

((NAME-STRING "ssreRomRelSuc")

(LABEL "ssre-RomanticRelationshipSuccess")

(SCALE-NAME "Romantic Relationships")

(DESCRIPTION "Success in romantic relationships")

(SCALE-GROUP-NAME "srpeople")

(SCALE-QUESTIONS (RPEHMARR RPECOMMI))

(MEAN-SCORE 0.63)

(HELP-LINKS ("conversational_skills.htm"

        "overcoming_loneliness.htm"

        "c-rejct.htm"))))

---------------------- SUBSCALE ----------------------

"SSRENUMFRIENDS"

((NAME-STRING "ssreNumFriends")

(LABEL "ssre-NumFriends")

(SCALE-NAME "Number of Friends")

(DESCRIPTION "Relationship Outcome--Number of Friends.(2 items)")

(SCALE-GROUP-NAME "srpeople")

(SCALE-QUESTIONS (RPENUMFR RPENUMCL))

(MEAN-SCORE 0.305)

(HELP-LINKS ("conversational_skills.htm"

        "overcoming_loneliness.htm"

        "c-rejct.htm"))))

---------------------- SUBSCALE ----------------------

"SSREHAPSUCFRS"

((NAME-STRING "ssreHapSucFrs")

(LABEL "ssre-HappySuccessfulFriends")

(SCALE-NAME "Happy, Successful Friends")

(DESCRIPTION "Relationship Outcome--Happy, Successful Friends. (1 item)")

(SCALE-GROUP-NAME "srpeople")

(SCALE-QUESTIONS (RPEHMARR RPECOMMI))

(MEAN-SCORE 0.623)

```
 (HELP-LINKS ("conversational_skills.htm"

        "overcoming_loneliness.htm"

        "c-rejct.htm"))))

 ---------------------- SUBSCALE -----------------------

"SSDELODEPSYMP"

((NAME-STRING "ssdeLoDepSymp")

 (LABEL "ssde-LoDepressionSymptoms")

 (SCALE-NAME "Low Depression Symptoms")

 (DESCRIPTION "Depression Outcome Subscale-Low clinical depression symptoms")

 (SCALE-GROUP-NAME "srdepres")

 (SCALE-QUESTIONS (RDEPFEEL RDEPTHOU RDEPDYSS RDEPMAJS))

 (MEAN-SCORE 0.515)

 (HELP-LINKS ("depression.htm" "my-peek.htm" "h85cdepr.htm"))))

 ---------------------- SUBSCALE -----------------------

"SSDELODEPTREATS"

((NAME-STRING "ssdeLoDepTreats")

 (LABEL "ssde-LoDepressionTreatments")

 (SCALE-NAME "Low Depression Treatments")

 (DESCRIPTION "Depression Outcome Subscale-Low clinical depression therapy and treatments")

 (SCALE-GROUP-NAME "srdepres")

 (SCALE-QUESTIONS (RDEPMEDS RDEPTHER))

 (MEAN-SCORE 0.767)

 (HELP-LINKS ("depression.htm" "my-peek.htm" "h85cdepr.htm"))))

 ---------------------- SUBSCALE -----------------------

"SSAXLOPERFGENANX"

((NAME-STRING "ssaxLoPerfGenAnx")

 (LABEL "ssax-LoPerformanceAndGeneralAnxiety")

 (SCALE-NAME "Low General or Performance Anxiety")

 (DESCRIPTION "Low generaly anxiety or anxiety about performance")

 (SCALE-GROUP-NAME "sranxiet")

 (SCALE-QUESTIONS (RANXPERF RANXALLT RANXPSTD RANXSOCI))

 (MEAN-SCORE 0.573)

 (HELP-LINKS ("anxiety.htm" "my-peek.htm" "h8hf2.htm"))))

 ---------------------- SUBSCALE -----------------------

"SSAXLOWFEAROCD"
```

((NAME-STRING "ssaxLowFearOCD")

 (LABEL "ssax-LoFearsAndOCDsymptoms")

 (SCALE-NAME "Low Fears, Phobias, or OCD")

 (DESCRIPTION "Low fears, phobias, and obsessive-compulsive disorder symptoms")

 (SCALE-GROUP-NAME "sranxiet")

 (SCALE-QUESTIONS (RANXOCD RANXPHOB RANXPANI))

 (MEAN-SCORE 0.774)

 (HELP-LINKS ("anxiety.htm" "my-peek.htm" "h8hf2.htm"))))

 ---------------------- SUBSCALE -----------------------

"SSAXLOANXTREATS"

((NAME-STRING "ssaxLoAnxTreats")

 (LABEL "ssax-LoAnxietyTreatments")

 (SCALE-NAME "Low Anxiety Treatments")

 (DESCRIPTION "Low amount of anxiety disorder therapy or other treatments")

 (SCALE-GROUP-NAME "sranxiet")

 (SCALE-QUESTIONS (RANXTHER RANXMEDS))

 (MEAN-SCORE 0.832)

 (HELP-LINKS ("anxiety.htm" "my-peek.htm" "h8hf2.htm"))))

 ---------------------- SUBSCALE -----------------------

"SSHELONEGADDICTHABS"

((NAME-STRING "ssheLoNegAddictHabs")

 (LABEL "sshe-LoNegAddictHabits")

 (SCALE-NAME "Low Addictive Habits")

 (DESCRIPTION "Health Outcome Subscale--Low addictive habits (smoking, alcohol, drugs). (3 items)")

 (SCALE-GROUP-NAME "srelhlth")

 (SCALE-QUESTIONS (RHLALCOH RHLSMOKE RHLDRUGS))

 (MEAN-SCORE 0.776)

 (HELP-LINKS ("substance_abuse.htm"

        "smoking.htm"

        "weight_control.htm"

        "h31chang.htm"))))

 ---------------------- SUBSCALE -----------------------

"SSHELOFREQILL"

((NAME-STRING "ssheLoFreqIll")

 (LABEL "ssheLoFreqIll")

(SCALE-NAME "Low Illness Frequency")

(DESCRIPTION "Health Outcomes Subscale Low Frequency of Illness. (1 item)")

(SCALE-GROUP-NAME "srelhlth")

(SCALE-QUESTIONS (RHLFREQI))

(MEAN-SCORE 0.659)

(HELP-LINKS ("health tips.htm"))))

----------------------- SUBSCALE -----------------------

"SSHEPELOWEIGHT"

((NAME-STRING "sshePELoWeight")

(LABEL "sshePELoWeight")

(SCALE-NAME "Physical Exercise, Low Weight")

(DESCRIPTION "Health Outcome Subscale--physical excercise, low weight.(2 items)")

(SCALE-GROUP-NAME "srelhlth")

(SCALE-QUESTIONS (RHLPHYSI RHLWEIGH))

(MEAN-SCORE 0.683)

(HELP-LINKS (WEIGHT_CONTROL.HTM)))))

APPENDIX C: SINGLE-RESPONSE QUESTIONS
WITH SPSS DATA VARIABLE SYMBOLS

QUESTION QVAR SYMBOL: BIO3EDUC-INS

QUESTION TEXT: Education Level

QUESTION QVAR SYMBOL: BIO3EDU

QUESTION TEXT: Your Highest Education Completed:

QUESTION QVAR SYMBOL: BIOHSGP

QUESTION TEXT: Your high school grade average?

QUESTION QVAR SYMBOL: BIOCOLL

QUESTION TEXT: Your overall college grade average?

QUESTION QVAR SYMBOL: NO-SCALE-INS

QUESTION TEXT: Other Questions Please be as accurate as you can.

QUESTION QVAR SYMBOL: BIO5INC

QUESTION TEXT: Your Highest personal income for one year.

QUESTION QVAR SYMBOL: STUCOLLE-INS

QUESTION TEXT: Check the best answer:

QUESTION QVAR SYMBOL: STUCOLL

QUESTION TEXT: What school do you attend?

QUESTION QVAR SYMBOL: STUMAJO

QUESTION TEXT:

QUESTION QVAR SYMBOL: STU-DATA-INS

QUESTION TEXT: Education-Related Questions

QUESTION QVAR SYMBOL: STPARE

QUESTION TEXT: What was the highest level of education reached by EITHER of your PARENTS?

QUESTION QVAR SYMBOL: STUCOLL

QUESTION TEXT: What school do you attend?

QUESTION QVAR SYMBOL: STUCLAS

QUESTION TEXT: What is your current class level?

QUESTION QVAR SYMBOL: STUDEGR

QUESTION TEXT: What is your ultimate educational objective?

QUESTION QVAR SYMBOL: STUSEME

QUESTION TEXT: How many units are you currently enrolled in?

QUESTION QVAR SYMBOL: STMAJGP

QUESTION TEXT: What is your grade average in your major field of study?

QUESTION QVAR SYMBOL: STACADS

QUESTION TEXT: What is your current academic status?

QUESTION QVAR SYMBOL: STGPATR

QUESTION TEXT: What best describes your GRADE AVERAGE TREND or changes?

QUESTION QVAR SYMBOL: STUAPT-INS

QUESTION TEXT: Your Aptitude Test Scores:

QUESTION QVAR SYMBOL: STUVERB

QUESTION TEXT: In which percentile range were your VERBAL APTITUDE (SAT, ACT) scores?

QUESTION QVAR SYMBOL: STUMATH

QUESTION TEXT: In which percentile range were your MATH APTITUDE (SAT, ACT)scores?

QUESTION QVAR SYMBOL: STUFEEL-INS

QUESTION TEXT: Education-Related Questions Describe your educational experience.

QUESTION QVAR SYMBOL: STULOOK

QUESTION TEXT: I really look forward to coming to campus.

QUESTION QVAR SYMBOL: STULIKE

QUESTION TEXT: I like my instructors very much and feel that I can talk freely with at least one of them.

QUESTION QVAR SYMBOL: STUCOMF

QUESTION TEXT: I feel extremely comfortable with the faculty and students in my major.

QUESTION QVAR SYMBOL: STUFRIE

QUESTION TEXT: I have current school-related friends that I enjoy being with.

QUESTION QVAR SYMBOL: STUEXTM

QUESTION TEXT: Meeting expectations of my parents or others is the most important reason I am in school.

QUESTION QVAR SYMBOL: STULOOK

QUESTION TEXT: I really look forward to coming to campus.

QUESTION QVAR SYMBOL: STUCARE

QUESTION TEXT: I am in school primariy to get the job/career I want.

QUESTION QVAR SYMBOL: STUMONEYNE

QUESTION TEXT: Making more money is the main reason I'm in school.

QUESTION QVAR SYMBOL: STUCONF

QUESTION TEXT: I don't know why I am in school or what I want from an education.

QUESTION QVAR SYMBOL: STUFIND

QUESTION TEXT: Which statement describes your financial support best?

QUESTION QVAR SYMBOL: STUEACT

QUESTION TEXT: I am enjoying life and having fun while in school.

QUESTION QVAR SYMBOL: STHAPCO

QUESTION TEXT: Overall how happy are you with your college experience?

QUESTION QVAR SYMBOL: STHAPGP

QUESTION TEXT: Overall, I am happy with my grades and what I am learning.

QUESTION QVAR SYMBOL: STUENJO

QUESTION TEXT: I really enjoy all my learning classes and homework.

QUESTION QVAR SYMBOL: ACM-INS

QUESTION TEXT: Learning-Academic Questions: Honest answers give you the most accurate results.

QUESTION QVAR SYMBOL: ACMSTUD

QUESTION TEXT: On average, how many hours do you study outside class for each hour in class?

QUESTION QVAR SYMBOL: ACMNDRO

QUESTION TEXT: I almost never drop a course or take an incomplete(or wouldn't if you've not taken any.)

QUESTION QVAR SYMBOL: ACMATTE

QUESTION TEXT: I almost never miss a class, and my activities rarely interfere with my schoolwork.

QUESTION QVAR SYMBOL: ACMEFAM

QUESTION TEXT: Others where I live RARELY expect me to help them, do chores, or socialize with them if it interferes with my studies.

QUESTION QVAR SYMBOL: ACMESOC

QUESTION TEXT: My family and friends very strongly encourage my studying and doing well in school.

QUESTION QVAR SYMBOL: ACMCONC

QUESTION TEXT: When I start working on a task or problem, reading an assignment, or writing, my concentration is so great and I get so involved that almost nothing can distract me.

QUESTION QVAR SYMBOL: ACMTIM

QUESTION TEXT: My schedule gives me so little time to study that it seriously affects my grades.

QUESTION QVAR SYMBOL: ACMTIMEORI

QUESTION TEXT: My schedule gives me so little time to study that it seriously affects my grades.

QUESTION QVAR SYMBOL: ACMSELF

QUESTION TEXT: I am able to manage my college life extremely well myself--with little or no help or support from others.

QUESTION QVAR SYMBOL: ACMCOMP

QUESTION TEXT: Confidence that you will complete your college degree.

QUESTION QVAR SYMBOL: ACMQUIT

QUESTION TEXT: There is almost no possibility that I will drop out of college during the next year.

QUESTION QVAR SYMBOL: ACMFINA

QUESTION TEXT: Confidence that you have adequate financial means to complete college.

QUESTION QVAR SYMBOL: ACMDEGR

QUESTION TEXT: I have been so highly motivated to get the college degree I seek for so long that almost nothing could stop me now.

QUESTION QVAR SYMBOL: LRNESTU

QUESTION TEXT: I have a good place where I can study as much as I want with minimal distractions.

QUESTION QVAR SYMBOL: LRNTXOV

QUESTION TEXT: Whenever I read a chapter in a text, I always do the following:
 1-Get an OVERVIEW OF THE CHAPTER FIRST
 2-Actively try to get the main point of each paragraph or section.
 3-Summarize what I have learned when I finish a major section or chapter.

QUESTION QVAR SYMBOL: LRNTXUN

QUESTION TEXT: Whenever I don't understand something I am reading, I almost never just continue reading. Instead I look up parts I don't know, visualize it, or think about it until I understand it.

QUESTION QVAR SYMBOL: LRNTSRE

QUESTION TEXT: In studying for a big exam, I always review ALL of the assigned material AT LEAST 3 TIMES within 2 days of the exam.

QUESTION QVAR SYMBOL: LRNMA

QUESTION TEXT: I almost always create some type of visual overview (or \"map\") of my text chapters.

QUESTION QVAR SYMBOL: LRNTEXT

QUESTION TEXT: In math or science courses, I focus my energy on understanding the basic principles--not just getting answers to problems.

QUESTION QVAR SYMBOL: LRNINTE

QUESTION TEXT: If I find a text boring, I almost always find ways of making it interesting.

QUESTION QVAR SYMBOL: LRNROT

QUESTION TEXT: Every time I go over material I try to view it a new way instead of using rote memory methods.

QUESTION QVAR SYMBOL: LRNASSO

QUESTION TEXT: I try to associate new material with as many things in my own experiences as I can.

QUESTION QVAR SYMBOL: LRNSTRU

QUESTION TEXT: When I am reading and come to a part that is very difficult to understand, I almost never just go on. Instead I almost always struggle with it until I understand it well.

QUESTION QVAR SYMBOL: LRNTHEO

QUESTION TEXT: I enjoy learning about theories and enjoy building my own theories about what I am learning in class.

QUESTION QVAR SYMBOL: LRNALON

QUESTION TEXT: I am satisfied with the result of my studying in relation to the time I spend at it.

QUESTION QVAR SYMBOL: LRNMAT

QUESTION TEXT: I enjoy math and don't seem to have any great difficulty in doing problems correctly.

QUESTION QVAR SYMBOL: LRNWRPA

QUESTION TEXT: I make \"A\"s on almost all of the term papers I write and almost all of the essay tests that I take.

QUESTION QVAR SYMBOL: LRNTXOU

QUESTION TEXT: When I read my textbooks, I almost always underline, make notes, outline, or summarize as I am reading.

QUESTION QVAR SYMBOL: LRNNOTE

QUESTION TEXT: I am satisfied with the way I take notes in class and with their usefulness to me as I study for my tests.

QUESTION QVAR SYMBOL: LRNWRSK

QUESTION TEXT: I am satisfied with all my writing skills such as spelling, grammar, and punctuation.

QUESTION QVAR SYMBOL: LRNSE

QUESTION TEXT: I don't seem to have any visual problems when I read.

QUESTION QVAR SYMBOL: LRNVOCA

QUESTION TEXT: As I read my textbooks and outside reading for my classes, I don't seem to have any problems with the vocabulary or in understanding the writer's thought patterns.

QUESTION QVAR SYMBOL: LRNSREA

QUESTION TEXT: I think that I read slower than most of my classmates.

QUESTION QVAR SYMBOL: LRNMEMO

QUESTION TEXT: I don't seem to have any difficulty in remembering new terms, formulas, or facts.

QUESTION QVAR SYMBOL: LRNTENS

QUESTION TEXT: I rarely feel tense during my examinations.

QUESTION QVAR SYMBOL: LRNSEFI

QUESTION TEXT: I am satisfied with the result of my studying in relation to the time I spend at it.

QUESTION QVAR SYMBOL: LRNWROR

QUESTION TEXT: When I write, I don't have any great difficulty in organizing what I want to say.

QUESTION QVAR SYMBOL: LRNUNAS

QUESTION TEXT: Do you have a great deal of difficulty understanding assignments and beginning them?

QUESTION QVAR SYMBOL: LRNCOLM

QUESTION TEXT: Were you ever made to feel that you were not college material?

QUESTION QVAR SYMBOL: LRNKNOW

QUESTION TEXT: Do you feel that you know the material, but are unable to do well on a test?

QUESTION QVAR SYMBOL: LRNPROO

QUESTION TEXT: Would you feel very unsure about turning in a paper that has been proofread by someone else?

QUESTION QVAR SYMBOL: LRNRREA

QUESTION TEXT: Do you usually have to read textbooks 2-3 times or more to make sense of them?

QUESTION QVAR SYMBOL: LRNEFFI

QUESTION TEXT: I am satisfied with the result of my studying in relation to the time I spend at it.

QUESTION QVAR SYMBOL: LRNTEST

QUESTION TEXT: Could you do better on tests if you were allowed a lot more time?

QUESTION QVAR SYMBOL: LRNTIMA

QUESTION TEXT: Do you spend too much time on one assignment which causes you to not complete other assignments?

QUESTION QVAR SYMBOL: LRNTIRE

QUESTION TEXT: Does reading for one hour make you very tired?

QUESTION QVAR SYMBOL: LRNTANX

QUESTION TEXT: Do you feel more anxiety about tests than most of your classmates?

QUESTION QVAR SYMBOL: LRNSMAR

QUESTION TEXT: Do you feel that you're a lot smarter than your grades indicate?

QUESTION QVAR SYMBOL: LRNAREA

QUESTION TEXT: Do you avoid reading so much that it is a big problem?

QUESTION QVAR SYMBOL: LRNRSLO

QUESTION TEXT: Do you generally read much slower than other people?

QUESTION QVAR SYMBOL: THM-INS

QUESTION TEXT: LIFE THEMES and VALUES: HOW IMPORTANT is this is to you?

QUESTION QVAR SYMBOL: THM1AC

QUESTION TEXT: Being the best at whatever I do (example: making top grades). Achieving more than most other people.

QUESTION QVAR SYMBOL: THM3EDU

QUESTION TEXT: EDUCATION: Earning at least a bachelor's or higher degree--preferably a master's or doctorate and making top grades.

QUESTION QVAR SYMBOL: THM4MON

QUESTION TEXT: INCOME: Making a lot of money, preferably becoming a millionaire, or multimillionaire.

QUESTION QVAR SYMBOL: THM25PO

QUESTION TEXT: POSSESSIONS: Having top quality (expensive) possessions--home, car, electronics, jewelry, etc.

QUESTION QVAR SYMBOL: THM26SU

QUESTION TEXT: SUCCESS: Being extremely successful in my career--rising to the top in it.

QUESTION QVAR SYMBOL: THMIMPA

QUESTION TEXT: IMPACT: Having a major impact on changing the world to make it a better place.

QUESTION QVAR SYMBOL: THM28CR

QUESTION TEXT: CREATION: Creating something that I feel is a major contribution (e.g. invention, bridge, book, house, work of art, etc.).

QUESTION QVAR SYMBOL: THM30CE

QUESTION TEXT: POWER: Being president, CEO, owner, etc. of an important organization OR having a great amount of influence or control over others.

QUESTION QVAR SYMBOL: THM33GO

QUESTION TEXT: COMPLETION and ACHIEVEMENT: Accomplish all my important goals.

QUESTION QVAR SYMBOL: THM8ROM

QUESTION TEXT: LOVE-ROMANCE: Having a wonderful, romantic marriage/relationship.

QUESTION QVAR SYMBOL: THM12PL

QUESTION TEXT: PLEASING: Pleasing others, avoiding conflict, keeping relationships pleasant.

QUESTION QVAR SYMBOL: THMRESP

QUESTION TEXT: RESPECT: Being highly respected by others, and being seen as an important, successful, and/or good person by others.

QUESTION QVAR SYMBOL: THM20IN

QUESTION TEXT: INTIMACY: Having a few extremely close and long-term relationships.

QUESTION QVAR SYMBOL: THMLIKE

QUESTION TEXT: WELL-LIKED: Being well liked by everyone. Having many friends and networking with many others.

QUESTION QVAR SYMBOL: THMCARE

QUESTION TEXT: CARE-GIVING: Be a good parent, or take care of others in need.

QUESTION QVAR SYMBOL: THMSUPP

QUESTION TEXT: EMOTIONAL SUPPORT: Having people in my life to support me if I'm upset or having a problem.

QUESTION QVAR SYMBOL: THMATTE

QUESTION TEXT: ATTENTION: Being the center of attention, entertaining others, or performing in front of groups.

QUESTION QVAR SYMBOL: THMFAMI

QUESTION TEXT: FAMILY: Family members and family matters, events, traditions, etc.

QUESTION QVAR SYMBOL: THMRECO

QUESTION TEXT: RECOGNITION: Having respect, recognition, status, position, and/or other signs of success.

QUESTION QVAR SYMBOL: THMPHUR

QUESTION TEXT: PERSONAL HEALING: Overcoming past family or personal problems that have hurt me in the past.

QUESTION QVAR SYMBOL: THMOBGO

QUESTION TEXT: OBEDIENCE: Obeying God and living according to His commands and rules.

QUESTION QVAR SYMBOL: THMPARL

QUESTION TEXT: PARENTAL LOVE and RESPECT: Being respected and loved by my parent(s) or other authorities.

QUESTION QVAR SYMBOL: THMSPRO

QUESTION TEXT: SELF-PROTECTION: Protecting myself from others and the harm they have done to me or may do to me.

QUESTION QVAR SYMBOL: THMPUNC

QUESTION TEXT: PUNCTUALITY: Being on time, timeliness.

QUESTION QVAR SYMBOL: THMOBLI

QUESTION TEXT: DUTY and OBLIGATION, obeying the rules and expectations of one's family or group--even if it goes against one's own happiness.

QUESTION QVAR SYMBOL: THM5ADV

QUESTION TEXT: ADVENTURE: Having a life of adventure and excitement with many new experiences.

QUESTION QVAR SYMBOL: THM6LEA

QUESTION TEXT: LEARNING: Learning, self-development, and growing to be the best I can be.

QUESTION QVAR SYMBOL: THM9SHA

QUESTION TEXT: SELF-HAPPINESS: Living the happiest life I can.

QUESTION QVAR SYMBOL: THM10OT

QUESTION TEXT: GIVING: Contributing to others' health/happiness and making the world a better place.

QUESTION QVAR SYMBOL: THMRELG

QUESTION TEXT: SPIRITUAL INTIMACY: Having a very close relationship with God.

QUESTION QVAR SYMBOL: THM14IN

QUESTION TEXT: INDEPENDENCE: Being independent, and living according to my own values and dreams.

QUESTION QVAR SYMBOL: THM22BO

QUESTION TEXT: HEALTH: Having an exceptionally healthy body and living to be 100--by exceptional nutrition, exercise, no use of drugs or smoking, etc.

QUESTION QVAR SYMBOL: THM23BA

QUESTION TEXT: BALANCE: Having balance in my life--even at the cost of not achieving as much in my career or any other area.

QUESTION QVAR SYMBOL: THMORDE

QUESTION TEXT: ORDERLINESS: Having good organization or logical order, being systematic, etc.

QUESTION QVAR SYMBOL: THMMENC

QUESTION TEXT: MENTAL CHALLENGE: Be mentally challenged with difficult and/or creative mental tasks.

QUESTION QVAR SYMBOL: THM34EX

QUESTION TEXT: EXPLORATION: Exploring the unknown, seeking the answers to mysteries.

QUESTION QVAR SYMBOL: THMCOMP

QUESTION TEXT: COMPETENCE: Being the best I can be and achieving the most competence I can at whatever I do.

QUESTION QVAR SYMBOL: THMINTE

QUESTION TEXT: INTEGRITY: Having integrity; pursuing my own values, beliefs, and goals above what others think; being honest with myself and others; etc.

QUESTION QVAR SYMBOL: THMPHI

QUESTION TEXT: PERSONAL PHILOSOPHY: Developing a positive, well thought out personal belief system and living according to those beliefs.

QUESTION QVAR SYMBOL: THMCLEA

QUESTION TEXT: PLEASING: Pleasing others, avoiding conflict, keeping relationships pleasant.

QUESTION QVAR SYMBOL: THMWHOL

QUESTION TEXT: WHOLENESS (unity, integration, organization, simplicity, etc.).

QUESTION QVAR SYMBOL: THMPERF

QUESTION TEXT: PERFECTION and idealism for self, others, nature.

QUESTION QVAR SYMBOL: THMJUST

QUESTION TEXT: JUSTICE (fairness, getting what one has earned or deserved).

QUESTION QVAR SYMBOL: THMSIMP

QUESTION TEXT: SIMPLICITY.

QUESTION QVAR SYMBOL: THMBEAU

QUESTION TEXT: BEAUTY of all types in all things.

QUESTION QVAR SYMBOL: THMGOOD

QUESTION TEXT: GOODNESS and functionality (versus dysfunctional, evil, or harmful).

QUESTION QVAR SYMBOL: THMUNIQ

QUESTION TEXT: UNIQUENESS and DIVERSITY (idiosyncrasy, individuality, variety, novelty).

QUESTION QVAR SYMBOL: THMCREA

QUESTION TEXT: CREATIVENESS: Producing new, original ideas, art, objects, actions, etc.

QUESTION QVAR SYMBOL: THMEFOR

QUESTION TEXT: EFFORTLESSNESS (ease, grace, beautifully functioning).

QUESTION QVAR SYMBOL: THMPLAY

QUESTION TEXT: FUN and PLAYFULNESS (fun, joy, amusement, humor).

QUESTION QVAR SYMBOL: THMSESU

QUESTION TEXT: SELF-SUFFICIENCY (autonomy, independence, environment-transcending, taking care of oneself, separateness, living by own laws).

QUESTION QVAR SYMBOL: THMSEDI

QUESTION TEXT: SELF-DISCIPLINE, self-control, control over one's own thoughts, emotions, and actions to be consistent with one's highest values and goals.

QUESTION QVAR SYMBOL: THMSPIR

QUESTION TEXT: GOD and/or SPIRITUALITY: A rich spiritual life that is the center of my life.

QUESTION QVAR SYMBOL: THMRELI

QUESTION TEXT: RELIGION and the church or religious group to which I belong.

QUESTION QVAR SYMBOL: THMUNCO

QUESTION TEXT: UNCONDITIONAL LOVE: Unconditionally loving myself and everyone in the world.

QUESTION QVAR SYMBOL: TBV-INS

QUESTION TEXT: Important Beliefs Questions: To what degree do you believe the following.

QUESTION QVAR SYMBOL: TBVOTHF

QUESTION TEXT: I should always put other people's needs before my own.

QUESTION QVAR SYMBOL: TBVLIKE

QUESTION TEXT: I should be loved or liked by everyone I meet.

QUESTION QVAR SYMBOL: TBVWEA

QUESTION TEXT: I am weak and dependent on strong people for my happiness.

QUESTION QVAR SYMBOL: TBVBES

QUESTION TEXT: I must be the best at everything I do.

QUESTION QVAR SYMBOL: TBVENTI

QUESTION TEXT: I am entitled to a good life, and people I care for should try to help meet my needs.

QUESTION QVAR SYMBOL: TBVRULE

QUESTION TEXT: We must run our lives by rules, and people who break those rules must be severely punished or we will have chaos.

QUESTION QVAR SYMBOL: TBVWINN

QUESTION TEXT: There are winners and losers. If you are not strong and take advantage of others before they take advantage of you and you will be a loser.

QUESTION QVAR SYMBOL: TBVBALA

QUESTION TEXT: I try to properly balance present with future happiness and balance my own with others' happiness--a key to inner harmony.

QUESTION QVAR SYMBOL: TBVHAPC

QUESTION TEXT: For every decision I make--especially big ones--I attempt to estimate which alternative will lead to the greatest happiness and choose that alternative.

QUESTION QVAR SYMBOL: TBVGRAT

QUESTION TEXT: I am grateful for the gift of life. I was given the gift of life and the opportunity to create a happy life for myself. I did not earn or deserve life or this opportunity--so I will not complain about not having what others do or not getting what I want or need.

QUESTION QVAR SYMBOL: THVSELF

QUESTION TEXT: There are one or more aspects (or parts) of myself that I have a hard time accepting or do not like.

QUESTION QVAR SYMBOL: THVSELFAORI

QUESTION TEXT: There are one or more aspects (or parts) of myself that I have a hard time accepting or do not like.

QUESTION QVAR SYMBOL: THVUNCO

QUESTION TEXT: I value all people unconditionally just because they are human. Attributes such as background, ethnicity, social group, income, accomplishments, and even their personality or morality aren't relevant to their basic value as humans.

QUESTION QVAR SYMBOL: THVSELF

QUESTION TEXT: I could love myself and value my own happiness unconditionally no matter what mistakes or bad things I may do.

QUESTION QVAR SYMBOL: IE-INS

QUESTION TEXT: Important Beliefs Questions: To what degree do you believe the following:

QUESTION QVAR SYMBOL: IECSELF

QUESTION TEXT: I am extremely good at taking care of myself and any problems I might run into.

QUESTION QVAR SYMBOL: IECICON

QUESTION TEXT: Relative to outside forces like destiny, other people, luck, fate, God, government, organizations, and anything else, I am the one who has by far the greatest amount of control over my own life and happiness.

QUESTION QVAR SYMBOL: IECGENE

QUESTION TEXT: Genetics and my biology are primarily responsible for my personality and my emotional reactions.

QUESTION QVAR SYMBOL: IECPEOP

QUESTION TEXT: People in my life are primarily responsible for my personality and my emotional reactions.

QUESTION QVAR SYMBOL: IECDEPE

QUESTION TEXT: I am very dependent upon someone (parent, spouse, etc.) to support or take care of me (emotionally, financially, socially, etc.).

QUESTION QVAR SYMBOL: IECCOFE

QUESTION TEXT: I worry more about caring for someone else's needs or feelings than my own (e.g. family member(s), lover, friend(s), etc.).

QUESTION QVAR SYMBOL: IECCOPR

QUESTION TEXT: I worry a great deal about taking care of someone with a serious problem (e.g. illness, an addiction, a psychological disorder, etc.

QUESTION QVAR SYMBOL: WOV-INS

QUESTION TEXT: Important Beliefs Questions: To what degree do you believe the following.

QUESTION QVAR SYMBOL: WOV-INST

QUESTION TEXT: Important Beliefs Questions: Percent of the time that you do the following.

QUESTION QVAR SYMBOL: WOVPROG

QUESTION TEXT: The world will gradually improve in most important respects (materially, socially, environmentally, spiritually, etc.).

QUESTION QVAR SYMBOL: WOVGOOD

QUESTION TEXT: The world is controlled by forces beneficial to humans (and me).

QUESTION QVAR SYMBOL: WOVMYLI

QUESTION TEXT: My life will generally improve.

QUESTION QVAR SYMBOL: WOVNFAI

QUESTION TEXT: Life has been extremely unfair to me.

QUESTION QVAR SYMBOL: WOVENTI

QUESTION TEXT: I am entitled to the basic necessities of life such as good health care, good income, people caring for me, etc.

QUESTION QVAR SYMBOL: WOVINJU

QUESTION TEXT: Someone has injured me so much that it has ruined my life.

QUESTION QVAR SYMBOL: WOVABUN

QUESTION TEXT: I have all I need to be happy.

QUESTION QVAR SYMBOL: WOVGRAT

QUESTION TEXT: I am extremely grateful for having so much.

QUESTION QVAR SYMBOL: WOVPOST

QUESTION TEXT: Percent of the time you have positive thoughts VERSUS negative thoughts.

QUESTION QVAR SYMBOL: WOV-INST

QUESTION TEXT: Your Worst Fears How much fear or anxiety do you have about. . .

QUESTION QVAR SYMBOL: WOVHAPP

QUESTION TEXT: Fear of not getting a job or career you will be happy with.

QUESTION QVAR SYMBOL: WOVPOO

QUESTION TEXT: Fear of not having enough income or money.

QUESTION QVAR SYMBOL: WOVIL

QUESTION TEXT: Fear of having a serious illness.

QUESTION QVAR SYMBOL: WOVDEAT

QUESTION TEXT: Fear of death.

QUESTION QVAR SYMBOL: WOVALON

QUESTION TEXT: Fear of being alone.

QUESTION QVAR SYMBOL: WOVNOLO

QUESTION TEXT: Fear of not ever having a good marriage and/or family life.

QUESTION QVAR SYMBOL: WOVLIKE

QUESTION TEXT: Fear of not having close enough friends.

QUESTION QVAR SYMBOL: WOVPERS

QUESTION TEXT: Fear of not becoming the kind of person you want to be.

QUESTION QVAR SYMBOL: WOVPROB

QUESTION TEXT: Fear of never overcoming some personal, psychological, or other type of problem.

QUESTION QVAR SYMBOL: WOVDISC

QUESTION TEXT: Fear that something about you will be discovered, punished, or made public.

QUESTION QVAR SYMBOL: WOVSUCC

QUESTION TEXT: Fear of not obtaining the academic or career success you want.

QUESTION QVAR SYMBOL: WOVOVER

QUESTION TEXT: Degree of belief that even if your worst fear(s) happened, you could learn how to be happy.

QUESTION QVAR SYMBOL: SELF-CONF-INS

QUESTION TEXT: Self-Confidence Questions CONFIDENCE in your abililities, skills, knowledge, and motivation in this area.

QUESTION QVAR SYMBOL: SLFLEAR

QUESTION TEXT: Learning and study skills

QUESTION QVAR SYMBOL: SLFCRIT

QUESTION TEXT: Critical thinking and logic--ability to examine statements critically and think logically

QUESTION QVAR SYMBOL: SLFRESE

QUESTION TEXT: Research and methodology

QUESTION QVAR SYMBOL: SLFANAL

QUESTION TEXT: Analytical thinking--ability to conceptually break wholes into component parts

QUESTION QVAR SYMBOL: SLFSYNT

QUESTION TEXT: Synthesis--ability to put confusing pieces together into meaningful wholes

QUESTION QVAR SYMBOL: SLFCREA

QUESTION TEXT: Critical thinking and logic--ability to examine statements critically and think logically

QUESTION QVAR SYMBOL: SLFCOMP

QUESTION TEXT: Computer-related skills

QUESTION QVAR SYMBOL: SLFBIOS

QUESTION TEXT: Biological Science

QUESTION QVAR SYMBOL: SLFNATS

QUESTION TEXT: Natural Science (physics, chemistry, etc.)

QUESTION QVAR SYMBOL: SLFLIBA

QUESTION TEXT: Liberal Arts (literature, history, English, languages, etc.)

QUESTION QVAR SYMBOL: SLFSOCS

QUESTION TEXT: Behavioral and Social Sciences (psychology, sociology, political science, etc.)

QUESTION QVAR SYMBOL: SLFPHIL

QUESTION TEXT: Philosophy and/or Religion

QUESTION QVAR SYMBOL: SLFPERF

QUESTION TEXT: Performing Arts (music, dance, theatre arts, etc.)

QUESTION QVAR SYMBOL: SLFFINE

QUESTION TEXT: Fine Arts (art, design, etc.)

QUESTION QVAR SYMBOL: SLFBUSA

QUESTION TEXT: Business or Management

QUESTION QVAR SYMBOL: SLFHEAL

QUESTION TEXT: Health or Medicine

QUESTION QVAR SYMBOL: SLFENGI

QUESTION TEXT: Engineering or Technical

QUESTION QVAR SYMBOL: SLFEDUC

QUESTION TEXT: Education, Counseling, or Helping-Related

QUESTION QVAR SYMBOL: SLFI

QUESTION TEXT: Overall intelligence (IQ)

QUESTION QVAR SYMBOL: SLFDECM

QUESTION TEXT: Life and career decision-making and planning

QUESTION QVAR SYMBOL: SLFTIME

QUESTION TEXT: Time management

QUESTION QVAR SYMBOL: SLFCOP

QUESTION TEXT: Emotional coping skills--ability to prevent and overcome negative emotions effectively

QUESTION QVAR SYMBOL: SLFSELF

QUESTION TEXT: Self-motivation--ability to motivate yourself to do unpleasant tasks even under adverse conditions

QUESTION QVAR SYMBOL: SLFSELF

QUESTION TEXT: Self-disclosure--ability and practice of sharing openly innermost feelings and intimate information with close friends and family

QUESTION QVAR SYMBOL: SLFACHA

QUESTION TEXT: Task or achievement motivation and work habits--highly focused and productive work habits.

QUESTION QVAR SYMBOL: SLFMANA

QUESTION TEXT: Managing finances and money

QUESTION QVAR SYMBOL: SLFHEAL

QUESTION TEXT: Health or Medicine

QUESTION QVAR SYMBOL: SLFMEET

QUESTION TEXT: Meeting people and talking to strangers

QUESTION QVAR SYMBOL: SLFLIST

QUESTION TEXT: Empathetic listening skills--ability and practice of understanding inner meaning of what others say

QUESTION QVAR SYMBOL: SLFSELF

QUESTION TEXT: Self-disclosure--ability and practice of sharing openly innermost feelings and intimate information with close friends and family

QUESTION QVAR SYMBOL: SLFCONF

QUESTION TEXT: Conflict resolution skills--ability to calmly and effectively resolve interpersonal conflict situations

QUESTION QVAR SYMBOL: SLFPERS

QUESTION TEXT: Persuasion skills--ability to influence others

QUESTION QVAR SYMBOL: SLFMANA

QUESTION TEXT: Management and leadership skills

QUESTION QVAR SYMBOL: SLFHELP

QUESTION TEXT: Helping and teaching skills

QUESTION QVAR SYMBOL: SLFSPEA

QUESTION TEXT: Public speaking skills

QUESTION QVAR SYMBOL: SLFJOBS

QUESTION TEXT: Job search and interviewing skills

QUESTION QVAR SYMBOL: SLFADAP

QUESTION TEXT: Very adaptable, flexible, and resourceful--ability to rapidly adapt to and be successful in almost any situation.

QUESTION QVAR SYMBOL: SLFHAPP

QUESTION TEXT: \"Happiness IQ\"--knowledge and ability of how to make yourself happy in any possible situation and overall.

QUESTION QVAR SYMBOL: SLFOPTI

QUESTION TEXT: Time management

QUESTION QVAR SYMBOL: SLFFRIE

QUESTION TEXT: Very caring, friendly, and outgoing person overall.

QUESTION QVAR SYMBOL: SLFINDE

QUESTION TEXT: Very strong, independent, self-disciplined person overall.

QUESTION QVAR SYMBOL: SM-INS

QUESTION TEXT: Self-Management Questions: Honest answers give you the most accurate results.

QUESTION QVAR SYMBOL: SMTBUS

QUESTION TEXT: I rarely get upset about being too rushed, having too many things to do, or not having any time to relax.

QUESTION QVAR SYMBOL: SMTFUTU

QUESTION TEXT: I spend a lot of time thinking about the future, making plans, and working toward completing distant goals.

QUESTION QVAR SYMBOL: SMTEXER

QUESTION TEXT: Frequency that you get vigorous exercise for a minimum of 20 minutes:

QUESTION QVAR SYMBOL: SMTEAT

QUESTION TEXT: I eat a very healthy diet, (vitamins, minerals, balanced meals, fiber, low fat, etc.) do not drink excessively, smoke, or take drugs.

QUESTION QVAR SYMBOL: SMTSLEE

QUESTION TEXT: Number of hours I average sleeping per night:

QUESTION QVAR SYMBOL: SMTSDEV

QUESTION TEXT: I have been successful in consciously planning and greatly improving a number of important aspects of myself such as my interpersonal relations, coping with my emotions, self-discipline, smoking, overeating, or study habits.

QUESTION QVAR SYMBOL: SMTNPRO

QUESTION TEXT: If I am facing a task or assignment that is very boring, very confusing, or very frustrating, I will almost always start it without any procrastination and continue to work diligently until it is completed at a high level of quality.

QUESTION QVAR SYMBOL: SMTPTOD

QUESTION TEXT: I make a PRIORITIZED TASK LIST which covers to-do's from my school, work, social, recreation, and other areas of my life at least once per week.

QUESTION QVAR SYMBOL: SMTGOAL

QUESTION TEXT: At least twice a year I spend several hours making a list of GOALS and SPECIFIC OBJECTIVES for myself for each area of my life and use these goals/objectives regularly during the year planning my weekly activities at least twice per year.

QUESTION QVAR SYMBOL: SMTSCH

QUESTION TEXT: I make a WEEKLY SCHEDULE of how I want to spend my time during the week--scheduling times for classes, study, friends, work, recreation, and other important activities. I use this schedule weekly.

QUESTION QVAR SYMBOL: SMT2DTO

QUESTION TEXT: I make a COMPREHENSIVE SCHEDULE of ALL ASSIGNMENTS and PROJECTS and their DUE DATES for the ENTIRE semester, quarter, year, etc., and regularly use that schedule to see what I need to do next.

QUESTION QVAR SYMBOL: SMTACMP

QUESTION TEXT: I am extremely busy with many things to do, but feel that I am accomplishing a great deal in most of my life areas, enjoy my life a great deal, and rarely feel under too much pressure from too many things to do.

QUESTION QVAR SYMBOL: SMTGHEL

QUESTION TEXT: I work on self-improvement regularly by reading, counseling, taking non-required classes, or other activities to consciously improve myself.

QUESTION QVAR SYMBOL: SMTBALA

QUESTION TEXT: I would say that I lead a very balanced lifestyle. I have time and energy for my school, my work, friends and family, the opposite sex, relaxation, physical activity, my spiritual life, and recreation. In addition, almost all of these life areas are providing me with a great deal of satisfaction.

QUESTION QVAR SYMBOL: SMTHABC

QUESTION TEXT: If I get good advice from reading or another person, I almost always make a conscious effort to follow that advice and even change life-long habits.

QUESTION QVAR SYMBOL: COPE-INS

QUESTION TEXT: Emotional Coping Questions When upset, percent of the time you _____

QUESTION QVAR SYMBOL: COPE-INST

QUESTION TEXT: Emotional Coping Questions

QUESTION QVAR SYMBOL: COPNEGT

QUESTION TEXT: Worry, think negative thoughts, think of problems without thinking of good solutions

QUESTION QVAR SYMBOL: COPCOPE

QUESTION TEXT: Eat.

QUESTION QVAR SYMBOL: COPPSOL

QUESTION TEXT: Face the problem directly, think about what caused the feelings, think of possible solutions, and take action to solve the underlying problem.

QUESTION QVAR SYMBOL: COPEMOT

QUESTION TEXT: Outwardly express anger by losing your temper, crying, damaging something, or getting even.

QUESTION QVAR SYMBOL: COPAVOP

QUESTION TEXT: Avoid thinking about problems by sleeping, keeping busy, or putting it off.

QUESTION QVAR SYMBOL: COPBLAM

QUESTION TEXT: Think about whose fault it is, blame yourself, or blame others.

QUESTION QVAR SYMBOL: COPWDR

QUESTION TEXT: Withdraw from others, feel hurt, hold your emotions in, feel sorry for yourself.

QUESTION QVAR SYMBOL: COPFU

QUESTION TEXT: Do something involving or fun to get rid of the feelings (listen to music, read, socialize, shop, walk, etc.

QUESTION QVAR SYMBOL: COPTALK

QUESTION TEXT: Talk to someone else about the problem/feelings (friend, family member, counselor, etc.)

QUESTION QVAR SYMBOL: COPPEPT

QUESTION TEXT: Think about positive thoughts and goals and/or give yourself a pep talk.

QUESTION QVAR SYMBOL: COPSMOK

QUESTION TEXT: Smoke a cigarette or tobacco product.

QUESTION QVAR SYMBOL: COPDRU

QUESTION TEXT: Drink an alcoholic beverage, take street drugs, or use prescribed medication.

QUESTION QVAR SYMBOL: COPP

QUESTION TEXT: Think about positive thoughts and goals and/or give yourself a pep talk.

QUESTION QVAR SYMBOL: COPNEGP

QUESTION TEXT: Think of the problem from a very critical or punitive point of view. (Examples: \"I must not make mistakes.\" or \"God may send me to Hell\")

QUESTION QVAR SYMBOL: COPSELF

QUESTION TEXT: Get angry at yourself, think negative thoughts about yourself, or call yourself names.

QUESTION QVAR SYMBOL: COPPOSP

QUESTION TEXT: Think of the problem from a constructive (philosophical or religious?) point of view that makes you feel better.

QUESTION QVAR SYMBOL: COPEXPE

QUESTION TEXT: Examine your underlying expectations of yourself (or others) and reset them to more realistic levels.

QUESTION QVAR SYMBOL: COPHAPP

QUESTION TEXT: Tell yourself that you can be happy no matter what happens.

QUESTION QVAR SYMBOL: COPAVOA

QUESTION TEXT: How often have you missed work, school, or other important activities because you were so upset (anxious, depressed, etc.) that you couldn't cope.

QUESTION QVAR SYMBOL: COPSELF

QUESTION TEXT: How much do you enjoy exploring and analyzing your feelings, thoughts, beliefs, and memories.

QUESTION QVAR SYMBOL: CR-INS

QUESTION TEXT: Relationship Questions Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship.

QUESTION QVAR SYMBOL: CR1ISSU

QUESTION TEXT: When my partner and I have a discussion or argument, we almost always stay on one issue at a time.

QUESTION QVAR SYMBOL: CRRESOL

QUESTION TEXT: My partner and I rarely argue about the same issue more than once.

QUESTION QVAR SYMBOL: CRNTHRE

QUESTION TEXT: I almost never make threats about what I will do if my partner takes a certain action.

QUESTION QVAR SYMBOL: CRUNDER

QUESTION TEXT: We usually discuss what is really bothering us (the underlying issues) instead of the surface issues.

QUESTION QVAR SYMBOL: CRTKLON

QUESTION TEXT: One partner usually talks a long time before the other partner has a chance.

QUESTION QVAR SYMBOL: CRNNEGL

QUESTION TEXT: I rarely use negative labels or call others (such as 'dumb,' 'dependent,' 'weak,' 'selfish,' 'inconsiderate') even when we are angry with each other.

QUESTION QVAR SYMBOL: CRTEWEA

QUESTION TEXT: I do not really feel very comfortable telling my partner about my weaknesses or something I have done wrong.

QUESTION QVAR SYMBOL: CRWINWI

QUESTION TEXT: When making an important decision, we almost always discuss it until we find a solution with which we are both happy.

QUESTION QVAR SYMBOL: CRLONGT

QUESTION TEXT: Sometimes when we are trying to resolve a difficult problem, we almost always keep going until we reach a solution (even if we have to discuss it for hours or the next day).

QUESTION QVAR SYMBOL: CREXAGG

QUESTION TEXT: I frequently use words like \"always,\" \"never,\" or other exaggerations.

QUESTION QVAR SYMBOL: CRMANIP

QUESTION TEXT: I frequently feel as if my partner is manipulating me or that I am manipulating my partner.

QUESTION QVAR SYMBOL: CRSUMMA

QUESTION TEXT: When discussing important issues my partner and I usually repeat back a summary of what the other has said to make sure we understand it.

QUESTION QVAR SYMBOL: CRCPRAI

QUESTION TEXT: Even during a disagreement, my partner and I frequently laugh and praise each other.

QUESTION QVAR SYMBOL: CRBOASS

QUESTION TEXT: My partner and I are both very assertive(positive, firm, and diplomatic).

QUESTION QVAR SYMBOL: CROPHON

QUESTION TEXT: Our communication is extremely open, nondefensive, and honest.

QUESTION QVAR SYMBOL: CRREPRA

QUESTION TEXT: Overall, my partner gives me a lot more criticism than praise.

QUESTION QVAR SYMBOL: CRTEAC

QUESTION TEXT: If one of us tries to teach the other something, we usually end up having some hard feelings.

QUESTION QVAR SYMBOL: CRIFAVO

QUESTION TEXT: If my partner asks me to do me a favor, I almost always do it cheerfully.

QUESTION QVAR SYMBOL: CRIFOLU

QUESTION TEXT: I almost always do what I tell my partner I will do.

QUESTION QVAR SYMBOL: CRANGAN

QUESTION TEXT: If my partner gets angry at me, I usually get angry or defensive back.

QUESTION QVAR SYMBOL: CRIPRAI

QUESTION TEXT: Overall, I criticize my partner quite a bit more than I praise him/her.

QUESTION QVAR SYMBOL: CRANGRE

QUESTION TEXT: If I lose my temper at my partner, he/she will almost always tell me about it in a firm, diplomatic way without losing his/her temper. I do the same when she/he loses her/his temper.

QUESTION QVAR SYMBOL: CRTLKMO

QUESTION TEXT: In our conversations, one partner usually talks quite a bit more than the other.

QUESTION QVAR SYMBOL: CREQWI

QUESTION TEXT: My partner and I \"win\" long disagreements/arguments about equally often.

QUESTION QVAR SYMBOL: INT-INS

QUESTION TEXT: Relationship Questions Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship.

QUESTION QVAR SYMBOL: INSTSHL

QUESTION TEXT: If I am under more stress than usual, my partner will usually do extra things for me.

QUESTION QVAR SYMBOL: INTCOMI

QUESTION TEXT: A long term commitment (would) cause(s) me to feel trapped.

QUESTION QVAR SYMBOL: INTUNDR

QUESTION TEXT: We usually discuss what is really bothering us (the underlying issues) instead of the surface issues.

QUESTION QVAR SYMBOL: INTTELA

QUESTION TEXT: I have told my partner almost everything about myself.

QUESTION QVAR SYMBOL: INTSMGO

QUESTION TEXT: My partner and I strongly agree on most long term goals.

QUESTION QVAR SYMBOL: INTEQDE

QUESTION TEXT: Overall, my partner and I are equal in how much influence we have in decisions.

QUESTION QVAR SYMBOL: INTIOPE

QUESTION TEXT: When I discuss an important issue with my partner, I go ahead and tell my partner almost exactly what I am thinking and feeling--even though it might upset him/her. My partner does the same.

QUESTION QVAR SYMBOL: INTWEOP

QUESTION TEXT: Our communication is extremely open, nondefensive, and honest.

QUESTION QVAR SYMBOL: INTDAIL

QUESTION TEXT: Almost every day my partner and I each share our FEELINGS about events happening that day.

QUESTION QVAR SYMBOL: INTRESP

QUESTION TEXT: I respect my partner more than almost anyone else I know.

QUESTION QVAR SYMBOL: INTALLO

QUESTION TEXT: My partner and I talk very openly and freely about specifically what we like and dislike about even the most sensitive areas of our relationship (e.g. what we really think of each other, sexual relations, finances, secrets.

QUESTION QVAR SYMBOL: INTWKTO

QUESTION TEXT: My partner and I do NOT enjoy working at the same task together.

QUESTION QVAR SYMBOL: INTKNPF

QUESTION TEXT: I frequently do not know what my partner really wants or feels.

QUESTION QVAR SYMBOL: INTLSQP

QUESTION TEXT: I frequently tell others about their positive characteristics and about how much I like, love, or respect my partner.

QUESTION QVAR SYMBOL: INTLOV

QUESTION TEXT: I love (care for) my partner very much.

QUESTION QVAR SYMBOL: INR-INS

QUESTION TEXT: Relationship Questions Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship.

QUESTION QVAR SYMBOL: INRBEAL

QUESTION TEXT: It is NOT ok for one partner to go away for a weekend by themselves to think and be alone.

QUESTION QVAR SYMBOL: INALCNS

QUESTION TEXT: One should always consult with their partner before making even small decisions.

QUESTION QVAR SYMBOL: INRFRIE

QUESTION TEXT: My partner has close friends of his/her same sex with whom he/she has frequent social contact outside work.

QUESTION QVAR SYMBOL: INDIFDE

QUESTION TEXT: If my partner makes a decision concerning his/her own personal matters, and I do not agree with it, I almost always am supportive and encouraging to my partner.

QUESTION QVAR SYMBOL: INRLUNC

QUESTION TEXT: It is ok for one partner to go out to lunch alone with an attractive friend of the opposite sex.

QUESTION QVAR SYMBOL: INRINHA

QUESTION TEXT: The (marriage) relationship is more important than the happiness of one partner.

QUESTION QVAR SYMBOL: INNEVAR

QUESTION TEXT: Partners should never argue or disagree if they are to have a truly happy relationship.

QUESTION QVAR SYMBOL: INRIGRO

QUESTION TEXT: I would end my relationship if staying in it meant that I could not grow as a person.

QUESTION QVAR SYMBOL: INRSAYW

QUESTION TEXT: When I refer to myself, I frequently say 'we' (meaning my partner and I).

QUESTION QVAR SYMBOL: INCOMTW

QUESTION TEXT: One of us frequently worries about whether the other is really committed to this relationship.

QUESTION QVAR SYMBOL: INDIFGO

QUESTION TEXT: It is OK for my partner and I to have some goals which are not the same.

QUESTION QVAR SYMBOL: INFINDA

QUESTION TEXT: If I did not have my partner, I would think I could find another partner with whom I could be very happy.

QUESTION QVAR SYMBOL: INENALO

QUESTION TEXT: I find that I can't really enjoy myself very much if I go someplace without my partner.

QUESTION QVAR SYMBOL: INOKALO

QUESTION TEXT: I don't know how I could be happy if I didn't have my partner.

QUESTION QVAR SYMBOL: INRHATE

QUESTION TEXT: I hate to be alone for even a short time.

QUESTION QVAR SYMBOL: INRFREE

QUESTION TEXT: I feel free to do whatever I want at home whether or not my partner is there.

QUESTION QVAR SYMBOL: INSEPIN

QUESTION TEXT: I am glad that my partner has some recreational activities and interests apart from me.

QUESTION QVAR SYMBOL: INRMONE

QUESTION TEXT: My partner and I each have our own funds from which to buy personal things without consulting the other.

QUESTION QVAR SYMBOL: ROM-INS

QUESTION TEXT: Relationship Questions Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship.

QUESTION QVAR SYMBOL: ROMSURP

QUESTION TEXT: I do something different to surprise my partner such as buy flowers, leave a love note, or buy a present for no special event at least once a week.

QUESTION QVAR SYMBOL: ROMFANT

QUESTION TEXT: I frequently fantasize about my partner.

QUESTION QVAR SYMBOL: ROMCELE

QUESTION TEXT: My partner and I celebrate special days together almost once a month.

QUESTION QVAR SYMBOL: ROMPLAC

QUESTION TEXT: My partner and I go out to romantic places just to be alone together at least once a week.

QUESTION QVAR SYMBOL: ROMATTR

QUESTION TEXT: I am extremely attracted to my partner sexually.

QUESTION QVAR SYMBOL: ROMPLAY

QUESTION TEXT: My partner and I both enjoy playful interactions with each other several times per week.

QUESTION QVAR SYMBOL: ROMCHAR

QUESTION TEXT: My partner is extremely charming and romantic.

QUESTION QVAR SYMBOL: LRO-INS

QUESTION TEXT: Relationship Questions Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship.

QUESTION QVAR SYMBOL: LROMTAS

QUESTION TEXT: There are certain tasks that are MORE the man's responsibility, such as providing economic support, taking care of the car, etc.

QUESTION QVAR SYMBOL: LROFTAS

QUESTION TEXT: There are certain tasks that are MORE the woman's responsibility, such as cleaning house, fixing meals, etc.

QUESTION QVAR SYMBOL: LRMFINA

QUESTION TEXT: The man should make the final decision.

QUESTION QVAR SYMBOL: LROEMBA

QUESTION TEXT: I would feel embarrassed if my partner did something considered more characteristic of the opposite sex in front of other people (such as a woman working on the car or a man crying).

QUESTION QVAR SYMBOL: LROMSTR

QUESTION TEXT: I want a relationship in which the man is stronger and more decisive than the woman.

QUESTION QVAR SYMBOL: LROEQIN

QUESTION TEXT: The man and woman should be equally responsible for providing an income for the couple or family.

QUESTION QVAR SYMBOL: LRCARCO

QUESTION TEXT: If the man and woman have a career conflict in which one has to quit his/her job, the woman should be the one to quit.

QUESTION QVAR SYMBOL: HAP-INS

QUESTION TEXT: Overall Happiness Questions Degree that you are happy with ...

QUESTION QVAR SYMBOL: HAPARE

QUESTION TEXT: Happiness with living in this area, with the home in which I live, and feeling at home here.

QUESTION QVAR SYMBOL: HAPCLFR

QUESTION TEXT: Happiness with the number and closeness of my friendships, and I see them as often enough.

QUESTION QVAR SYMBOL: HAPCARN

QUESTION TEXT: Happiness with my career now.

QUESTION QVAR SYMBOL: HAPCARF

QUESTION TEXT: Happiness with expectations for future career success and happiness.

QUESTION QVAR SYMBOL: HAPFRIE

QUESTION TEXT: Happiness with friendships.

QUESTION QVAR SYMBOL: HAPWKRE

QUESTION TEXT: Happiness with relationships at work, school, or job-like setting.

QUESTION QVAR SYMBOL: HAPP

QUESTION TEXT: Happiness with my physical activity area of my life.

QUESTION QVAR SYMBOL: HAPRECR

QUESTION TEXT: Happiness with my recreation.

QUESTION QVAR SYMBOL: HAPSEXR

QUESTION TEXT: Happiness with the sexual/romantic relationship area of my life.

QUESTION QVAR SYMBOL: HAPFAMI

QUESTION TEXT: Happiness with my family relationships.

QUESTION QVAR SYMBOL: HAPSELF

QUESTION TEXT: Happiness with the kind of person I am and with my personal growth/development.

QUESTION QVAR SYMBOL: HAPSPIR

QUESTION TEXT: Happiness with having a meaningful life and with my spiritual or religious life.

QUESTION QVAR SYMBOL: HAPYEA

QUESTION TEXT: Overall happiness during the past year.

QUESTION QVAR SYMBOL: HAP3YEA

QUESTION TEXT: Overall happiness during the past year.

QUESTION QVAR SYMBOL: HAPLIF

QUESTION TEXT: Overall happiness during my entire life up to 3 years ago.

QUESTION QVAR SYMBOL: HAPEXPE

QUESTION TEXT: Overall happiness expected in the future.

QUESTION QVAR SYMBOL: RHL-INS

QUESTION TEXT: Health Questions What best describes your health and your habits?

QUESTION QVAR SYMBOL: RHLFREQ

QUESTION TEXT: How often did you get sick the past 3 years?

QUESTION QVAR SYMBOL: RHLALCO

QUESTION TEXT: How many drinks of alcohol do you average?

QUESTION QVAR SYMBOL: RHLSMOK

QUESTION TEXT: How often do you use cigarettes or other tobacco products?

QUESTION QVAR SYMBOL: RHLDRUG

QUESTION TEXT: How many often do you take illegal drugs on average?

QUESTION QVAR SYMBOL: RHLPHYS

QUESTION TEXT: How would you describe your physical conditioning?

QUESTION QVAR SYMBOL: RHLWEIG

QUESTION TEXT: How would you describe your weight?

QUESTION QVAR SYMBOL: RPE-INS

QUESTION TEXT: Relationship Questions Honest answers give better results.

QUESTION QVAR SYMBOL: RPEHAPF

QUESTION TEXT: Almost all of my good friends are very successful and happy in almost every area of their lives including school and interpersonal relationships.

QUESTION QVAR SYMBOL: RPEHMAR

QUESTION TEXT: I have (or have had) a very happy marital -- or marital-like relationship with someone for an extended period of time.

QUESTION QVAR SYMBOL: RPENET

QUESTION TEXT: I have developed an extensive, close network of friends and career-related persons with whom I share support and information.

QUESTION QVAR SYMBOL: RPECLFR

QUESTION TEXT: In my life I have had a number of extremely close friends with whom I could discuss my innermost secrets, weaknesses, and problems.

QUESTION QVAR SYMBOL: RPENUMF

QUESTION TEXT: Approximate number of friends in general with whom you interact socially -- outside of work or school settings--at least once a month.

QUESTION QVAR SYMBOL: RPENUMC

QUESTION TEXT: Approximate number of EXTREMELY CLOSE friendships with which you are VERY SATISFIED.

QUESTION QVAR SYMBOL: RPECOMM

QUESTION TEXT: Degree of commitment to an intimate(romantic) relationship (lasting at least 3 months)

QUESTION QVAR SYMBOL: RDEP-INS

QUESTION TEXT: Unhappiness and Depression Questions Honesty is important for valid results.

QUESTION QVAR SYMBOL: RDEP-INST

QUESTION TEXT: Unhappiness and Depression Questions Honesty is important for valid results.

QUESTION QVAR SYMBOL: RDEPFEE

QUESTION TEXT: I often feel sad, apathetic, listless, or depressed.

QUESTION QVAR SYMBOL: RDEPTHO

QUESTION TEXT: I often feel worthless, very guilty, or think very negative thoughts about my future, the world, death, or myself.

QUESTION QVAR SYMBOL: RDEPDYS

QUESTION TEXT: If you have felt depressed and had 2 or more of the following symptoms regularly, how long have you had them?

 * feel sad, unhappy, or depressed most of the day for most days

 * feel low energy, tiredness most of the time

 * have poor concentration and trouble making decisions

 * feel hopeless or doomed

 * have feelings of low self-esteem

 * have poor appetite or overeat

 * sleep too little or too much most of the time.

QUESTION QVAR SYMBOL: RDEPMAJ

QUESTION TEXT: How many times for 2 or more weeks at a time, have you had 5 (or more) of the following symptoms:

 * feel very depressed

 * have markedly less interest or pleasure in almost all daily activities

 * diminished ability to concentrate or think

 * feel worthless and/or very guilty

 * not be able to sleep or sleep much more than usual

 * have very low energy

 * significant weight loss or gain (without effort)

 * move much more slowly (motor retardation) or quickly (agitation) than usual

 * have recurring thoughts of death or suicidal thoughts

QUESTION QVAR SYMBOL: RDEPMED

QUESTION TEXT: Length of time that you have been prescribed medication for depression.

QUESTION QVAR SYMBOL: RDEPTHE

QUESTION TEXT: Amount of counseling or psychotherapy for depression.

QUESTION QVAR SYMBOL: RANX-INS

QUESTION TEXT: Anxiety Related Questions Degree/accuracy this statement describes you.

QUESTION QVAR SYMBOL: RANX-INST

QUESTION TEXT: Anxiety Related Questions Give your best estimate.

QUESTION QVAR SYMBOL: RANXPER

QUESTION TEXT: Do you feel excessively nervous or anxious when speaking or performing in front of others.

QUESTION QVAR SYMBOL: RANXALL

QUESTION TEXT: Do you worry or feel nervous or anxious almost all of the time?

QUESTION QVAR SYMBOL: RANXPST

QUESTION TEXT: Do you suffer from post-traumatic stress symptoms?

[Were you ever exposed to some life-threatening, abusive, or shocking traumatic event(s) where you felt extremely frightened and helpless AND still have frequent episodes of flashbacks, numbness, detachment, distress, avoidance of similar situations, or other symptoms that significantly interfere in your life?]

QUESTION QVAR SYMBOL: RANXSOC

QUESTION TEXT: Do you feel very nervous or anxious almost any time you are with other people?

QUESTION QVAR SYMBOL: RANXOC

QUESTION TEXT: How many times have you had a lasting problem with obsessions or compulsions?

[Obsessions definition: recurring, uncontrollable thoughts or images that you cannot get out of your mind, and cause distress.

Compulsions definition: repeating outward or mental acts (e.g. washing, ordering, checking, praying, counting, repeating words) because one feels compelled to.

Both obsessions and compulsions are usually not realistically connected to any immediate outside problem or are excessive.]

QUESTION QVAR SYMBOL: RANXPHO

QUESTION TEXT: How many genuine phobias do you think you have?

[Phobia definition: repeated intense, excessive, and unreasonable fear or anxiety elicited by a specific object, animal, or situation. Or, do you have a fear of almost all social contact?]

QUESTION QVAR SYMBOL: RANXPAN

QUESTION TEXT: About how many genuine panic attacks have you had during the past 5 years?

[Panic attack definition: four or more of the following symptoms together for 10 minutes or more:

pounding heart; trembling; trouble breathing; chest pain; feeling dizzy;   feeling detached or numb; plus fears of dying, going crazy, or losing control]

QUESTION QVAR SYMBOL: RANXMED

QUESTION TEXT: Length of time that you have been prescribed medication for anxiety, obsessions/compulsions, phobias, or panic disorder.

QUESTION QVAR SYMBOL: RANXTHE

QUESTION TEXT: Amount of counseling or psychotherapy for excessive stress, anxiety, obsessions/compulsions, phobias, or panic disorder.

QUESTION QVAR SYMBOL: RANG-INS

QUESTION TEXT: Anger Related Questions Degree/accuracy this statement describes you. Honesty is very important for helpful results.

QUESTION QVAR SYMBOL: RANG-INST

QUESTION TEXT: Anger Related Questions Give your best estimate. Honesty is very important for helpful results.

QUESTION QVAR SYMBOL: RANGFEE

QUESTION TEXT: How often do you get angry and lose your temper?

QUESTION QVAR SYMBOL: RANGYEL

QUESTION TEXT: How often do you yell at someone or call someone hurtful names?

QUESTION QVAR SYMBOL: RANGDOM

QUESTION TEXT: How often do you get someone to do what you want by criticizing them, out-talking them, getting angry, or threatening them.

QUESTION QVAR SYMBOL: RANGTHO

QUESTION TEXT: How often do you think about getting even with someone who has hurt you?

QUESTION QVAR SYMBOL: RANGDES

QUESTION TEXT: How often do you damage objects or property, hurt animals or people purposely, or break the law?

QUESTION QVAR SYMBOL: TB2-INS

QUESTION TEXT: Important Beliefs Questions To what degree do you believe the following.

QUESTION QVAR SYMBOL: TB2RELA

QUESTION TEXT: There is no 'absolute' right and wrong or good or bad--it depends upon factors like your point of view, the situation, or one's cultural background.

QUESTION QVAR SYMBOL: TB2PUNI

QUESTION TEXT: We must run our lives by rules, and people who break those rules must be severely punished or we will have chaos.

QUESTION QVAR SYMBOL: TBV2NOT

QUESTION TEXT: If a person has a bad environement and/or genetics, they aren't really responsible for what they do.

QUESTION QVAR SYMBOL: TB2GROU

QUESTION TEXT: One group in my life (such as my family, nation, culture, or religion) is so important that I would be almost nothing without them. Life wouldn't be worth living.

QUESTION QVAR SYMBOL: TB2SELF

QUESTION TEXT: Life has no meaning in itself, any meaning must be supplied by the individual.

QUESTION QVAR SYMBOL: TB2GDWR

QUESTION TEXT: People can only be completely forgiven and guilt-free if they are good enough (do enough of the right things).

QUESTION QVAR SYMBOL: TB2GDAT

QUESTION TEXT: Goodness (or being forgiven) depends much more on attitude than good deeds.

QUESTION QVAR SYMBOL: TB2ALLG

QUESTION TEXT: There is a lot of good in all people no matter what they believe or have done.

QUESTION QVAR SYMBOL: TB2REAS

QUESTION TEXT: If society would base everything upon reason and science, we would have nothing to worry about.

QUESTION QVAR SYMBOL: TBV2AST

QUESTION TEXT: I believe in phenomena like communicating with spirits of the deceased, seeing into the future, and astrology.

QUESTION QVAR SYMBOL: TB2IDHU

QUESTION TEXT: I identify with all humanity more than any single group.

QUESTION QVAR SYMBOL: TB2LIFA

QUESTION TEXT: I believe in some form of life after death.

QUESTION QVAR SYMBOL: TB2MOVE

QUESTION TEXT: Being part of a progressive movement is more important to me than my family or any other group.

QUESTION QVAR SYMBOL: TBV2COR

QUESTION TEXT: Despite some doubts, I have a set of strong core beliefs [about God, Nature, Humanity, Right and Wrong, Myself etc.] that I use daily to guide me in all aspects of life.

QUESTION QVAR SYMBOL: CAR-INS

QUESTION TEXT: Career or College Major Interests Questions Degree/Accuracy this describes you.

QUESTION QVAR SYMBOL: CAR1CAR

QUESTION TEXT: I feel extremely satisfied about my career decision. I have a clear career goal and plan for reaching that goal. My plan has a very high probability for success.

QUESTION QVAR SYMBOL: CAR1CAR

QUESTION TEXT: I have spent a great deal of time going through the process of reaching a career decision doing things such as reading about careers, interviewing others, taking interest tests, thinking about what I want, and getting related work experience.

QUESTION QVAR SYMBOL: CAR1INA

QUESTION TEXT: I really enjoy natural science classes like chemistry, physics, or geology and am considering a career involving some aspect of natural science.

QUESTION QVAR SYMBOL: CARIBIO

QUESTION TEXT: I really enjoy subjects like biology and am considering a career which might involve a lot of knowledge of biological science. I am considering a major or minor in BIOLOGY, MICROBIOLOGY, or another biological science.

QUESTION QVAR SYMBOL: CARISOC

QUESTION TEXT: I really enjoy learning about myself or other people. I enjoy classes like psychology, sociology, anthropology, economics, or geography. I am considering a career where understanding people, groups, economics, OR cultures may be important.

QUESTION QVAR SYMBOL: CARIHEL

QUESTION TEXT: I really enjoy helping people and am considering a career in a 'helping profession' such as counseling, teaching, or social work.

QUESTION QVAR SYMBOL: CARIMAT

QUESTION TEXT: I love math, am very good at it, and am considering a career in which math might play an important part.

QUESTION QVAR SYMBOL: CARIME

QUESTION TEXT: I am considering a career in a medical or health-related field. Or I might like a career related to physical education, physical therapy, pharmacy, audiology, speech therapy or some other field which requires a lot of knowledge about biology or the human body.

QUESTION QVAR SYMBOL: CARIWRI

QUESTION TEXT: I love to write and am considering a career in which writing would be very important. OR I have an interest in journalism or radio, TV, or film production.

QUESTION QVAR SYMBOL: CARIFNA

QUESTION TEXT: I have a serious interest in an art-related field such as art, design, music, dance, photography, or theatre arts.

QUESTION QVAR SYMBOL: CARIETH

QUESTION TEXT: I am extremely interested in studying about an ethnic group, about women, or about ancient or current cultures.

QUESTION QVAR SYMBOL: CARILEA

QUESTION TEXT: I love learning through reading, taking classes, or any other way I can. I might eventually want to get a masters degree or doctorate.

QUESTION QVAR SYMBOL: CARIEXP

QUESTION TEXT: I would love to specialize and be an expert at something. I tend to get passionate interests about one interest area at a time for months or years. I am considering a career where I might become an expert at something that requires intense study or an advanced degree.

QUESTION QVAR SYMBOL: CARIGEN

QUESTION TEXT: I enjoy a large variety of activities. I would like a career where I have a little knowledge about many things. I might rather have a more general degree like a general business, social science, or liberal arts degree that can give me a wide variety of career options.

QUESTION QVAR SYMBOL: CARINOI

QUESTION TEXT: I have never been very interested in school, any particular subject in school, or any particular career that I know of. I feel very confused about what major or career I want.

QUESTION QVAR SYMBOL: CARILI

QUESTION TEXT: I enjoy reading and literature of many types. I am considering a field like history or literature.

QUESTION QVAR SYMBOL: CARIREC

QUESTION TEXT: I really enjoy sports, recreational activiites, and helping others enjoy them. I am considering a career in a physical education, sports, or recreation-related field.

QUESTION QVAR SYMBOL: CARIPOL

QUESTION TEXT: I enjoy learning about law, politics, or government and am considering a career where these subjects may be important.

QUESTION QVAR SYMBOL: CARIMIL

QUESTION TEXT: Law enforcement, the legal profession, probation, or the military are careers I have an interest in.

QUESTION QVAR SYMBOL: CARIMAN

QUESTION TEXT: I really enjoy working with machines, electronics, computers, aircraft, medical equipment, construction, or other activities where I can work with my hands and see something I made or repaired. I am less interested in designing these or working behind a desk. I might prefer a technical career which requires only a one- or two-year technical degree at a community college or a technical school.

QUESTION QVAR SYMBOL: CARILAN

QUESTION TEXT: I really enjoy other countries and learning foreign languages. I am considering majoring or minoring in a foreign language.

QUESTION QVAR SYMBOL: CARIPHI

QUESTION TEXT: I really enjoy philosophy and/or the study of religion. I may want PHILOSOPHY or RELIGION as a major or a minor for my career and/or personal benefit.

QUESTION QVAR SYMBOL: CARIBUS

QUESTION TEXT: I expect to work in a business setting or am considering a major or minor in a business-related career.

QUESTION QVAR SYMBOL: CARIENG

QUESTION TEXT: I am interested in science and/or technical things, math, computers, medical equipment, machines, airplanes, electronics, buildings or public works projects. I might like to build or design things or work with computers. I am considering a career in engineering, engineering technology, computers, architecture, or a related field.

QUESTION QVAR SYMBOL: CARIFAM

QUESTION TEXT: I have a very high interest in one or more of the following--child development, consumer affairs, fashion merchandising, textiles and clothing, nutrition, food industries, gerontology, or teaching home economics or family and consumer affairs. I might be interested in one of these areas as a major or minor in a FAMILY AND CONSUMER SCIENCES area.

QUESTION QVAR SYMBOL: CARIWOM

QUESTION TEXT: I might be interested in majoring or minoring in Women's Studies or studies of a special ethnic group such as Asian or Asian-American Studies, Mexican-American Studies, Black Studies, or Native American Studies.

QUESTION QVAR SYMBOL: CARICOM

QUESTION TEXT: I enjoy working on a computer, learning about software and hardware, and think that I might enjoy a job in a computer-related field where I spend a lot of time designing software or hardware, or working with computers, computer networks, the Internet, or managing others who work with computers.

QUESTION QVAR SYMBOL: CARINTE

QUESTION TEXT: I might like to have a major that combined two or three other major areas of my choosing. I might like to inquire about designing such a major that fits my particular interests. [Most universities offer such majors under titles like 'Special Major', 'Interdisciplinary Studies', or 'Liberal Arts.']

QUESTION QVAR SYMBOL: CARIBMA

QUESTION TEXT: I enjoy selling or planning how to market things and am considering a career in sales, marketing, market research, or some other form of merchandising. I am considering MARKETING as a major or minor.

QUESTION QVAR SYMBOL: CARIBMA

QUESTION TEXT: I think I would like being an executive or manager in charge of other people and responsible for a work-group or business. I am considering a career in management or MANAGEMENT as a major or minor.

QUESTION QVAR SYMBOL: CARIBIN

QUESTION TEXT: I enjoy working with computers, and think I would like a career related to business applications of computers. I am considering BUSINESS INFORMATION SYSTEMS as a major or minor department.

QUESTION QVAR SYMBOL: CARIBFI

QUESTION TEXT: I enjoy dealing with money, finance, economics, real estate, and/or business law issues. I am considering a career in a field related to one of these interests. I am considering a major or minor in the FINANCE department.

QUESTION QVAR SYMBOL: CARIBHR

QUESTION TEXT: I would like teaching and helping people in a business setting and am considering work in personnel, training, or human resource development. I am considering a major or minor in HUMAN RESOURCES MANAGEMENT.

QUESTION QVAR SYMBOL: CARIBAC

QUESTION TEXT: I would like to work with numbers and do precise, detailed work. I might enjoy working with auditing or tax-related issues. I am considering a career, major, or minor in ACCOUNTING or a related field.

QUESTION QVAR SYMBOL: CARISPB

QUESTION TEXT: I would greatly value developing my speech, communication, or public relations skills to high level and am considering a career where those skills may be very important. I am considering a major or minor in the SPEECH COMMUNICATION department.

QUESTION QVAR SYMBOL: CARIEEN

QUESTION TEXT: I enjoy complex math and might enjoy designing complex electronic systems such as computers. I am considering a career in electrical or electronic engineering or its option in biomedical engineering.

QUESTION QVAR SYMBOL: CARIM

QUESTION TEXT: I enjoy design and am interested in the workings of complex mechanical things. I am considering a career in mechanical engineering or in one of its options of industrial-management engineering, materials engineering, or ocean engineering.

QUESTION QVAR SYMBOL: CARICHE

QUESTION TEXT: I enjoy chemistry and also designing things. I am considering a career in chemical engineering.

QUESTION QVAR SYMBOL: CARICIV

QUESTION TEXT: I think I would enjoy designing things like civil works projects, buildings, or other large projects. I am considering civil engineering as a career.

QUESTION QVAR SYMBOL: CARIAER

QUESTION TEXT: I am very interested in aerospace-related engineering and am considering a career as an aerospace engineer.

QUESTION QVAR SYMBOL: CARIEIT

QUESTION TEXT: I am interested in an engineering-related field, but am not as interested in complex math or designing systems as I am in technical aspects of one or more of the following--construction management, electronics, manufacturing, or quality assurance. I might be interested in an ENGINEERING TECHNOLOGY major.

QUESTION QVAR SYMBOL: CARICOM

QUESTION TEXT: I love math, programming, and computer software design, but am less interested in the electronic circuits and hardware of computers. I am considering (engineering) computer science as a major.

QUESTION QVAR SYMBOL: CARIBCO

QUESTION TEXT: I really enjoy working with computers. But I would prefer a business environment more than an engineering, science, or mathematical environment. I might consider getting a major in business with an emphasis in computers or INFORMATION SYSTEMS.

QUESTION QVAR SYMBOL: CARIMUS

QUESTION TEXT: I love music and am considering a music-related career or a major or minor in MUSIC.

QUESTION QVAR SYMBOL: CARIAR

QUESTION TEXT: I love art and am considering an art-related or design-related career or am considering a major in ART.

QUESTION QVAR SYMBOL: CARIDRA

QUESTION TEXT: I love to act and be in plays and am considering professional acting as a career or considering a major or minor in THEATER ARTS.

QUESTION QVAR SYMBOL: CARIDAN

QUESTION TEXT: I love to dance and am considering a career in which dance might play an important part or a major or minor in DANCE.

QUESTION QVAR SYMBOL: CARIPHO

QUESTION TEXT: I have an interest in becoming a photojournalist and would consider a major or minor in PHOTOGRAPHY or PHOTOJOURNALISM.

QUESTION QVAR SYMBOL: CARINDD

QUESTION TEXT: I love to draw and design functional things. I would consider a major in DESIGN or INDUSTRIAL DESIGN.

QUESTION QVAR SYMBOL: CARINTE

QUESTION TEXT: I love to decorate and would like to design interiors for homes or businesses. I would consider a major in INTERIOR DESIGN.

QUESTION QVAR SYMBOL: CARITEA

QUESTION TEXT: I enjoy teaching groups of people and am considering a career where teaching might be an important part of my job.

QUESTION QVAR SYMBOL: CARICOU

QUESTION TEXT: I enjoy helping people one-on-one and am considering a career in a counseling-related field such as becoming a psychologist or psychiatrist, a school counselor or psychologist, or a social worker. I know that these all require graduate degrees, and some require psychology as a major. I am considering a major in PSYCHOLOGY (which will also give me the most flexibility in choosing what type of counseling I want to pursue later.)

QUESTION QVAR SYMBOL: CARIEDU

QUESTION TEXT: I would strongly like to work in an educational setting such as a public school or university.

QUESTION QVAR SYMBOL: CARIHAD

QUESTION TEXT: I would especially enjoy a career helping ADULTS.

QUESTION QVAR SYMBOL: CARIHCH

QUESTION TEXT: I would especially enjoy a career helping CHILDREN or TEENAGERS.

QUESTION QVAR SYMBOL: CARITVO

QUESTION TEXT: I would enjoy teaching vocational or shop courses. I am considering vocational education as a major.

QUESTION QVAR SYMBOL: CARICOM

QUESTION TEXT: I would be interested in a career helping people with their speech or helping persons with hearing impairments. I might want a major leading to a career in audiology or speech therapy such as COMMUNICATIVE DISORDERS.

QUESTION QVAR SYMBOL: CARSOCW

QUESTION TEXT: I know that I want to be a social worker and work with public agencies helping people with various types of disabilities or who are in need of help. I know that most jobs are with the government and think I would enjoy

working as part of a larger organization dedicated to helping people even though there may be a lot of paperwork, etc. I am considering a major in psychology, sociology, social work, or a related field.

QUESTION QVAR SYMBOL: CARK12T

QUESTION TEXT: I think that I might like to teach in public or private schools in a grade level between Kindergarten and College (K-12). I am interested in a major that leads to a teaching credential.

[In California getting a teaching credential usually means getting a special degree in Liberal Studies for elementary teaching or obtaining one of a select number of majors for teaching high school. Go to your local College or School of Education for more information.]

QUESTION QVAR SYMBOL: CARMINI

QUESTION TEXT: I am considering a career in church work or as a minister, priest, rabbi, or other religious leader. Or, I am interested in learning more about or teaching about religion. I am considering a degree in RELIGION, RELIGIOUS STUDIES, or PHILOSOPHY. Or, I am considering a different kind of major such as psychology or sociology that could help me be more effective helping people.

QUESTION QVAR SYMBOL: CARIFRE

QUESTION TEXT: I am very interested in learning or teaching French or considering FRENCH as a major.

QUESTION QVAR SYMBOL: CARIITA

QUESTION TEXT: I am very interested in learning or teaching Italian or am considering ITALIAN as a major.

QUESTION QVAR SYMBOL: CARIGER

QUESTION TEXT: I am very interested in learning or teaching German or am considering GERMAN as a major.

QUESTION QVAR SYMBOL: CARIRUS

QUESTION TEXT: I am very interested in learning or teaching Russian or am considering RUSSIAN as a major.

QUESTION QVAR SYMBOL: CARIJAP

QUESTION TEXT: I am very interested in learning or teaching Japanese or am considering JAPANESE as a major.

QUESTION QVAR SYMBOL: CARICHI

QUESTION TEXT: I am very interested in learning or teaching Chinese or am considering CHINESE as a major.

QUESTION QVAR SYMBOL: CARICLA

QUESTION TEXT: I am very interested in ancient Greece or Rome and in learning those languages. I am considering a major in CLASSICS.

QUESTION QVAR SYMBOL: CARISPA

QUESTION TEXT: I am very interested in learning or teaching Spanish or am considering SPANISH as a major.

QUESTION QVAR SYMBOL: CARIPO

QUESTION TEXT: I am very interested in learning or teaching Portuguese or am considering PORTUGUESE as a major.

QUESTION QVAR SYMBOL: CARIM

QUESTION TEXT: I am considering becoming a physician and have high ability in science. I may want to consider a major in a biological or chemical science with a minor in the other.

QUESTION QVAR SYMBOL: CARINUR

QUESTION TEXT: I am considering nursing or a related career or a major in NURSING.

[Obtaining an RN (Registered Nurse) certificate usually only requires a 2-year degree, However, you may prefer a 4-year bachelor's degree in nursing to advance your knowledge or career.]

QUESTION QVAR SYMBOL: CARIPTH

QUESTION TEXT: I like helping one-on-one and working with the body. I am considering becoming a physical therapist and would consider a major in a pre-physical therapy major such as Kinesiology.

QUESTION QVAR SYMBOL: CARIHEA

QUESTION TEXT: I am extremely interested in health science, health education, and/or health administration. I am considering a career in one of these fields or a degree in HEALTH SCIENCE or HEALTH CARE ADMINISTRATION.

QUESTION QVAR SYMBOL: CARIKIN

QUESTION TEXT: I am interested in studying the human body, its overall movement and function, physical therapy, athletic training, or physical education. I might be interested in a major in Kinesiology or in a major leading to physical therapy.

QUESTION QVAR SYMBOL: CARICOM

QUESTION TEXT: I would be interested in a career helping people with their speech or helping persons with hearing impairments. I might want a major leading to a career in audiology or speech therapy such as COMMUNICATIVE DISORDERS.

QUESTION QVAR SYMBOL: CARMEDT

QUESTION TEXT: I might prefer to work in a specialized medically-related field working directly with patients such as a technician working with medical imaging, X-rays, dental assistance, nursing, or some other similar field that only requires one to two years at a technical school or community college.

QUESTION QVAR SYMBOL: CARILA

QUESTION TEXT: I am considering becoming a lawyer in criminal law (defense, prosecution, etc.). I think that I might prefer to get an undergraduate degree or minor in CRIMINAL JUSTICE.

QUESTION QVAR SYMBOL: CARICRI

QUESTION TEXT: I am considering working in a law enforcement field, within probation, or withi

 another aspect of the legal system. I might be interested in a CRIMINAL JUSTICE major or minor.

QUESTION QVAR SYMBOL: CARIMIL

QUESTION TEXT: I am considering joining one of the military services or am considering a career in the military. I might be interested in a MILITARY SCIENCE or related major or minor, or I might want to major i

 some other field and join the military later.

QUESTION QVAR SYMBOL: CARICHE

QUESTION TEXT: I enjoy chemistry and am considering a career requiring a lot of knowledge of chemistry (such as chemistry or medicine) or am considering CHEMISTRY, BIOCHEMISTRY, or a related field as a major or minor.

QUESTION QVAR SYMBOL: CARIPHY

QUESTION TEXT: I enjoy physics and am considering a career requiring a lot of knowledge of physics or PHYSICS as a major or minor.

QUESTION QVAR SYMBOL: CARIGEO

QUESTION TEXT: I enjoy geology or study of the environment and am considering or GEOLOGY as a major or minor.

QUESTION QVAR SYMBOL: CARIAST

QUESTION TEXT: I enjoy astronomy and math am considering a career requiring a lot of knowledge of astronomy or ASTRONOMY as a major or minor.

QUESTION QVAR SYMBOL: CARIENV

QUESTION TEXT: I enjoy studying the environment, pollution, and/or ways to make the environment cleaner and safer. I might be interested in a major or minor in earth science or environmental studies.

QUESTION QVAR SYMBOL: CARIPSY

QUESTION TEXT: I am extremely interested in learning about myself and understanding people in depth. I am considering a career where working with people or am considering a major or minor in PSYCHOLOGY.

QUESTION QVAR SYMBOL: CARISOC

QUESTION TEXT: I am extremely interested in learning about groups and society. I am considering a career where knowledge of groups and society would be very important, or a SOCIOLOGY major or minor.

QUESTION QVAR SYMBOL: CARIHIS

QUESTION TEXT: I am extremely interested in history, or am considering a major or minor in HISTORY.

QUESTION QVAR SYMBOL: CARIPOL

QUESTION TEXT: I am extremely interested in law, politics, and/or studying political systems. I might like to work in public administration, in government or politics, or become an attorney. I am considering a major or minor in POLITICAL SCIENCE or an advanced degree in public administration.

QUESTION QVAR SYMBOL: CARIECO

QUESTION TEXT: I am extremely interested in studying the economic behavior of people and/or the economy as a whole. I am considering a major or minor in ECONOMICS.

QUESTION QVAR SYMBOL: CARGEOG

QUESTION TEXT: I enjoy studying physical and cultural aspects of various countries or geographic regions. In addition I may enjoy studying topics like climates, mapping, urban life, etc. I might like to major or minor in GEOGRAPHY.

QUESTION QVAR SYMBOL: CARIAME

QUESTION TEXT: I am extremely interested in studying the United States and might like to major or minor in American Studies.

QUESTION QVAR SYMBOL: CARIANT

QUESTION TEXT: Studying humans and various cultures (including ancient ones) in our many social, cultural, and biological aspects is fascinating to me. I might enjoy majoring or minoring in ANTHROPOLOGY.

QUESTION QVAR SYMBOL: CARIANT

QUESTION TEXT: I am very interested in studying cultures in general and cultures as a whole for both the past and present from a variety of viewpoints. I am considering ANTHROPOLOGY as a major or minor.

QUESTION QVAR SYMBOL: CARISPE

QUESTION TEXT: I am extremely interested in learning about groups and society. I am considering a career where knowledge of groups and society would be very important, or a SOCIOLOGY major or minor.

QUESTION QVAR SYMBOL: CARLIN

QUESTION TEXT: I like social science, research and theory, and find the study of speech and language fascinating. I might like a major or minor in LINGUISTICS.

QUESTION QVAR SYMBOL: CARIAIS

QUESTION TEXT: I have a very high interest in American Indian culture and studies and might consider it as a major or minor.

QUESTION QVAR SYMBOL: CARIBST

QUESTION TEXT: I have a very high interest in American Indian culture and studies and might consider it as a major or minor.

QUESTION QVAR SYMBOL: CARIMEX

QUESTION TEXT: I have a very high interest in Mexican-American culture and studies.

QUESTION QVAR SYMBOL: CARIASA

QUESTION TEXT: I have a very high interest in Asian-American culture and studies.

QUESTION QVAR SYMBOL: CARIAMS

QUESTION TEXT: I have a very high interest in studying the American culture as a whole from a variety of viewpoints and disciplines. I might consider AMERICAN STUDIES as a major or minor.

QUESTION QVAR SYMBOL: CARIWST

QUESTION TEXT: I am very interested in studying women--their history, experience, and sex-roles--from a variety of viewpoints. I might be interested in WOMEN'S STUDIES as a major or minor.

QUESTION QVAR SYMBOL: CARIENG

QUESTION TEXT: I highly enjoy writing, English literature, and/or possibly teaching English, and am considering ENGLISH or as a major or minor.

QUESTION QVAR SYMBOL: CARIJOU

QUESTION TEXT: I am considering working for a newspaper or other news media as a journalist or photojournalist; OR I might want to teach journalism; OR I might want to work in public relations. I am considering JOURNALISM as a major or minor.

QUESTION QVAR SYMBOL: USERRATE-INS

QUESTION TEXT: Your Overall Rating of SHAQ Degree/Accuracy this describes you.

QUESTION QVAR SYMBOL: USERRAT

QUESTION TEXT: How interesting and beneficial overall would you rate your experience taking SHAQ?

 ADDITIONAL COMMENTS:

 ==> WE WELCOME YOUR COMMENTS VIA EMAIL:

  If you have suggestions for correcting errors or improving SHAQ in any way,

  Email to Dr. Tom Stevens at: tstevens@csulb.edu"

;;end *shaq-single-R-questions-text-string

)

APPENDIX C: SINGLE-RESPONSE QUESTIONS

WITH SPSS DATA VARIABLE SYMBOLS (in LISP list form)

[Note: The SPSS and LISP variable name is given with the actual question text. The question variable symbol used in LISP is the same qvar with a "Q" appended to the end (eg. SPSS question qvar = STUCOLL,, Question text variable = STUCOLLQ)

(defparameter *all-single-R-SHAQ-questions-list

   '(("BIO3EDUC-INS" " Education Level")

   ("BIO3EDU" " Your Highest Education Completed:")

   ("BIOHSGP" " Your high school grade average?")

   ("BIOCOLL" " Your overall college grade average?")

   ("NO-SCALE-INS" " Other Questions Please be as accurate as you can.")

   ("BIO5INC" " Your Highest personal income for one year.")

   ("STUCOLLE-INS" " Check the best answer:")

   ("STUCOLL" " What school do you attend?")

   ("STUMAJO" "")

   ("STU-DATA-INS" " Education-Related Questions")

   ("STPARE"

   " What was the highest level of education reached by EITHER of your PARENTS?")

   ("STUCOLL" " What school do you attend?")

   ("STUCLAS" " What is your current class level?")

   ("STUDEGR" " What is your ultimate educational objective?")

   ("STUSEME" " How many units are you currently enrolled in?")

   ("STMAJGP" " What is your grade average in your major field of study?")

   ("STACADS" " What is your current academic status?")

   ("STGPATR" " What best describes your GRADE AVERAGE TREND or changes?")

   ("STUAPT-INS" " Your Aptitude Test Scores:")

   ("STUVERB"

   " In which percentile range were your VERBAL APTITUDE (SAT, ACT) scores?")

   ("STUMATH"

   " In which percentile range were your MATH APTITUDE (SAT, ACT)scores?")

   ("STUFEEL-INS"

   " Education-Related Questions Describe your educational experience.")

   ("STULOOK" " I really look forward to coming to campus.")

   ("STULIKE"

   " I like my instructors very much and feel that I can talk freely with at least one of them.")

("STUCOMF"

" I feel extremely comfortable with the faculty and students in my major.")

("STUFRIE" " I have current school-related friends that I enjoy being with.")

("STUEXTM"

" Meeting expectations of my parents or others is the most important reason I am in school.")

("STULOOK" " I really look forward to coming to campus.")

("STUCARE" " I am in school primariy to get the job/career I want.")

("STUMONEYNE" " Making more money is the main reason I'm in school.")

("STUCONF" " I don't know why I am in school or what I want from an education.")

("STUFIND" " Which statement describes your financial support best?")

("STUEACT" " I am enjoying life and having fun while in school.")

("STHAPCO" " Overall how happy are you with your college experience?")

("STHAPGP" " Overall, I am happy with my grades and what I am learning.")

("STUENJO" " I really enjoy all my learning classes and homework.")

("ACM-INS"

" Learning-Academic Questions: Honest answers give you the most accurate results.")

("ACMSTUD"

" On average, how many hours do you study outside class for each hour in class?")

("ACMNDRO"

" I almost never drop a course or take an incomplete(or wouldn't if you've not taken any.)")

("ACMATTE"

" I almost never miss a class, and my activities rarely interfere with my schoolwork.")

("ACMEFAM"

" Others where I live RARELY expect me to help them, do chores, or socialize with them if it interferes with my studies.")

("ACMESOC"

" My family and friends very strongly encourage my studying and doing well in school.")

("ACMCONC"

" When I start working on a task or problem, reading an assignment, or writing, my concentration is so great and I get so involved that almost nothing can distract me.")

("ACMTIM"

" My schedule gives me so little time to study that it seriously affects my grades.")

("ACMTIMEORI"

" My schedule gives me so little time to study that it seriously affects my grades.")

("ACMSELF"

" I am able to manage my college life extremely well myself--with little or no help or support from others.")

("ACMCOMP" " Confidence that you will complete your college degree.")

("ACMQUIT"

 " There is almost no possibility that I will drop out of college during the next year.")

("ACMFINA"

 " Confidence that you have adequate financial means to complete college. ")

("ACMDEGR"

 " I have been so highly motivated to get the college degree I seek for so long that almost nothing could stop me now.")

("LRNESTU"

 " I have a good place where I can study as much as I want with minimal distractions.")

("LRNTXOV"

 " Whenever I read a chapter in a text, I always do the following:

 1-Get an OVERVIEW OF THE CHAPTER FIRST

 2-Actively try to get the main point of each paragraph or section.

 3-Summarize what I have learned when I finish a major section or chapter.")

("LRNTXUN"

 " Whenever I don't understand something I am reading, I almost never just continue reading. Instead I look up parts I don't know, visualize it, or think about it until I understand it.")

("LRNTSRE"

 " In studying for a big exam, I always review ALL of the assigned material AT LEAST 3 TIMES within 2 days of the exam.")

("LRNMA"

 " I almost always create some type of visual overview (or \"map\") of my text chapters.")

("LRNTEXT"

 " In math or science courses, I focus my energy on understanding the basic principles--not just getting answers to problems.")

("LRNINTE"

 " If I find a text boring, I almost always find ways of making it interesting.")

("LRNROT"

 " Every time I go over material I try to view it a new way instead of using rote memory methods.")

("LRNASSO"

 " I try to associate new material with as many things in my own experiences as I can.")

("LRNSTRU"

 " When I am reading and come to a part that is very difficult to understand, I almost never just go on. Instead I almost always struggle with it until I understand it well.")

("LRNTHEO"

" I enjoy learning about theories and enjoy building my own theories about what I am learning in class.")

("LRNALON"

" I am satisfied with the result of my studying in relation to the time I spend at it.")

("LRNMAT"

" I enjoy math and don't seem to have any great difficulty in doing problems correctly.")

("LRNWRPA"

" I make \"A\"s on almost all of the term papers I write and almost all of the essay tests that I take.")

("LRNTXOU"

" When I read my textbooks, I almost always underline, make notes, outline, or summarize as I am reading.")

("LRNNOTE"

" I am satisfied with the way I take notes in class and with their usefulness to me as I study for my tests.")

("LRNWRSK"

" I am satisfied with all my writing skills such as spelling, grammar, and punctuation.")

("LRNSE" " I don't seem to have any visual problems when I read.")

("LRNVOCA"

" As I read my textbooks and outside reading for my classes, I don't seem to have any problems with the vocabulary or in understanding the writer's thought patterns.")

("LRNSREA" " I think that I read slower than most of my classmates.")

("LRNMEMO"

" I don't seem to have any difficulty in remembering new terms, formulas, or facts.")

("LRNTENS" " I rarely feel tense during my examinations.")

("LRNSEFI"

" I am satisfied with the result of my studying in relation to the time I spend at it.")

("LRNWROR"

" When I write, I don't have any great difficulty in organizing what I want to say.")

("LRNUNAS"

" Do you have a great deal of difficulty understanding assignments and beginning them?")

("LRNCOLM" " Were you ever made to feel that you were not college material?")

("LRNKNOW"

" Do you feel that you know the material, but are unable to do well on a test?")

("LRNPROO"

" Would you feel very unsure about turning in a paper that has been proofread by someone else?")

("LRNRREA"

" Do you usually have to read textbooks 2-3 times or more to make sense of them?")

("LRNEFFI"

" I am satisfied with the result of my studying in relation to the time I spend at it.")

("LRNTEST" " Could you do better on tests if you were allowed a lot more time?")

("LRNTIMA"

 " Do you spend too much time on one assignment which causes you to not complete other assignments?")

("LRNTIRE" " Does reading for one hour make you very tired?")

("LRNTANX" " Do you feel more anxiety about tests than most of your classmates?")

("LRNSMAR" " Do you feel that you're a lot smarter than your grades indicate?")

("LRNAREA" " Do you avoid reading so much that it is a big problem?")

("LRNRSLO" " Do you generally read much slower than other people?")

("THM-INS" " LIFE THEMES and VALUES: HOW IMPORTANT is this is to you?")

("THM1AC"

 " Being the best at whatever I do (example: making top grades). Achieving more than most other people.")

("THM3EDU"

 " EDUCATION: Earning at least a bachelor's or higher degree--preferably a master's or doctorate and making top grades.")

("THM4MON"

 " INCOME: Making a lot of money, preferably becoming a millionaire, or multimillionaire.")

("THM25PO"

 " POSSESSIONS: Having top quality (expensive) possessions--home, car, electronics, jewelry, etc.")

("THM26SU"

 " SUCCESS: Being extremely successful in my career--rising to the top in it.")

("THMIMPA"

 " IMPACT: Having a major impact on changing the world to make it a better place.")

("THM28CR"

 " CREATION: Creating something that I feel is a major contribution (e.g. invention, bridge, book, house, work of art, etc.).")

("THM30CE"

 " POWER: Being president, CEO, owner, etc. of an important organization OR having a great amount of influence or control over others.")

("THM33GO" " COMPLETION and ACHIEVEMENT: Accomplish all my important goals.")

("THM8ROM" " LOVE-ROMANCE: Having a wonderful, romantic marriage/relationship.")

("THM12PL"

 " PLEASING: Pleasing others, avoiding conflict, keeping relationships pleasant.")

("THMRESP"

 " RESPECT: Being highly respected by others, and being seen as an important, successful, and/or good person by others.")

("THM20IN"

" INTIMACY: Having a few extremely close and long-term relationships.")

("THMLIKE"

" WELL-LIKED: Being well liked by everyone. Having many friends and networking with many others.")

("THMCARE" " CARE-GIVING: Be a good parent, or take care of others in need.")

("THMSUPP"

" EMOTIONAL SUPPORT: Having people in my life to support me if I'm upset or having a problem.")

("THMATTE"

" ATTENTION: Being the center of attention, entertaining others, or performing in front of groups.")

("THMFAMI"

" FAMILY: Family members and family matters, events, traditions, etc.")

("THMRECO"

" RECOGNITION: Having respect, recognition, status, position, and/or other signs of success.")

("THMPHUR"

" PERSONAL HEALING: Overcoming past family or personal problems that have hurt me in the past.")

("THMOBGO"

" OBEDIENCE: Obeying God and living according to His commands and rules.")

("THMPARL"

" PARENTAL LOVE and RESPECT: Being respected and loved by my parent(s) or other authorities.")

("THMSPRO"

" SELF-PROTECTION: Protecting myself from others and the harm they have done to me or may do to me.")

("THMPUNC" " PUNCTUALITY: Being on time, timeliness.")

("THMOBLI"

" DUTY and OBLIGATION, obeying the rules and expectations of one's family or group--even if it goes against one's own happiness.")

("THM5ADV"

" ADVENTURE: Having a life of adventure and excitement with many new experiences.")

("THM6LEA"

" LEARNING: Learning, self-development, and growing to be the best I can be.")

("THM9SHA" " SELF-HAPPINESS: Living the happiest life I can.")

("THM10OT"

" GIVING: Contributing to others' health/happiness and making the world a better place.")

("THMRELG" " SPIRITUAL INTIMACY: Having a very close relationship with God.")

("THM14IN"

" INDEPENDENCE: Being independent, and living according to my own values and dreams.")

("THM22BO"

 " HEALTH: Having an exceptionally healthy body and living to be 100--by exceptional nutrition, exercise, no use of drugs or smoking, etc.")

("THM23BA"

 " BALANCE: Having balance in my life--even at the cost of not achieving as much in my career or any other area.")

("THMORDE"

 " ORDERLINESS: Having good organization or logical order, being systematic, etc.")

("THMMENC"

 " MENTAL CHALLENGE: Be mentally challenged with difficult and/or creative mental tasks.")

("THM34EX"

 " EXPLORATION: Exploring the unknown, seeking the answers to mysteries.")

("THMCOMP"

 " COMPETENCE: Being the best I can be and achieving the most competence I can at whatever I do.")

("THMINTE"

 " INTEGRITY: Having integrity; pursuing my own values, beliefs, and goals above what others think; being honest with myself and others; etc.")

("THMPHI"

 " PERSONAL PHILOSOPHY: Developing a positive, well thought out personal belief system and living according to those beliefs.")

("THMCLEA"

 " PLEASING: Pleasing others, avoiding conflict, keeping relationships pleasant.")

("THMWHOL" " WHOLENESS (unity, integration, organization, simplicity, etc.).")

("THMPERF" " PERFECTION and idealism for self, others, nature.")

("THMJUST" " JUSTICE (fairness, getting what one has earned or deserved).")

("THMSIMP" " SIMPLICITY.")

("THMBEAU" " BEAUTY of all types in all things.")

("THMGOOD"

 " GOODNESS and functionality (versus dysfunctional, evil, or harmful).")

("THMUNIQ"

 " UNIQUENESS and DIVERSITY (idiosyncrasy, individuality, variety, novelty).")

("THMCREA"

 " CREATIVENESS: Producing new, original ideas, art, objects, actions, etc.")

("THMEFOR" " EFFORTLESSNESS (ease, grace, beautifully functioning).")

("THMPLAY" " FUN and PLAYFULNESS (fun, joy, amusement, humor).")

("THMSESU"

" SELF-SUFFICIENCY (autonomy, independence, environment-transcending, taking care of oneself, separateness, living by own laws).")

("THMSEDI"

" SELF-DISCIPLINE, self-control, control over one's own thoughts, emotions, and actions to be consistent with one's highest values and goals.")

("THMSPIR"

" GOD and/or SPIRITUALITY: A rich spiritual life that is the center of my life.")

("THMRELI" " RELIGION and the church or religious group to which I belong.")

("THMUNCO"

" UNCONDITIONAL LOVE: Unconditionally loving myself and everyone in the world.")

("TBV-INS"

" Important Beliefs Questions: To what degree do you believe the following.")

("TBVOTHF" " I should always put other people's needs before my own.")

("TBVLIKE" " I should be loved or liked by everyone I meet.")

("TBVWEA" " I am weak and dependent on strong people for my happiness.")

("TBVBES" " I must be the best at everything I do.")

("TBVENTI"

" I am entitled to a good life, and people I care for should try to help meet my needs.")

("TBVRULE"

" We must run our lives by rules, and people who break those rules must be severely punished or we will have chaos.")

("TBVWINN"

" There are winners and losers. If you are not strong and take advantage of others before they take advantage of you and you will be a loser.")

("TBVBALA"

" I try to properly balance present with future happiness and balance my own with others' happiness-- a key to inner harmony.")

("TBVHAPC"

" For every decision I make--especially big ones--I attempt to estimate which alternative will lead to the greatest happiness and choose that alternative.")

("TBVGRAT"

" I am grateful for the gift of life. I was given the gift of life and the opportunity to create a happy life for myself. I did not earn or deserve life or this opportunity--so I will not complain about not having what others do or not getting what I want or need.")

("THVSELF"

" There are one or more aspects (or parts) of myself that I have a hard time accepting or do not like.")

("THVSELFAORI"

" There are one or more aspects (or parts) of myself that I have a hard time accepting or do not like.")

("THVUNCO"

" I value all people unconditionally just because they are human. Attributes such as background, ethnicity, social group, income, accomplishments, and even their personality or morality aren't relevant to their basic value as humans.")

("THVSELF"

" I could love myself and value my own happiness unconditionally no matter what mistakes or bad things I may do.")

("IE-INS"

" Important Beliefs Questions: To what degree do you believe the following:")

("IECSELF"

" I am extremely good at taking care of myself and any problems I might run into.")

("IECICON"

" Relative to outside forces like destiny, other people, luck, fate, God, government, organizations, and anything else, I am the one who has by far the greatest amount of control over my own life and happiness.")

("IECGENE"

" Genetics and my biology are primarily responsible for my personality and my emotional reactions.")

("IECPEOP"

" People in my life are primarily responsible for my personality and my emotional reactions.")

("IECDEPE"

" I am very dependent upon someone (parent, spouse, etc.) to support or take care of me (emotionally, financially, socially, etc.).")

("IECCOFE"

" I worry more about caring for someone else's needs or feelings than my own (e.g. family member(s), lover, friend(s), etc.).")

("IECCOPR"

" I worry a great deal about taking care of someone with a serious problem (e.g. illness, an addiction, a psychological disorder, etc.")

("WOV-INS"

" Important Beliefs Questions: To what degree do you believe the following.")

("WOV-INST"

" Important Beliefs Questions: Percent of the time that you do the following.")

("WOVPROG"

" The world will gradually improve in most important respects (materially, socially, environmentally, spiritually, etc.).")

("WOVGOOD" " The world is controlled by forces beneficial to humans (and me).")

("WOVMYLI" " My life will generally improve.")

("WOVNFAI" " Life has been extremely unfair to me.")

("WOVENTI"

" I am entitled to the basic necessities of life such as good health care, good income, people caring for me, etc.")

("WOVINJU" " Someone has injured me so much that it has ruined my life.")

("WOVABUN" " I have all I need to be happy.")

("WOVGRAT" " I am extremely grateful for having so much.")

("WOVPOST"

" Percent of the time you have positive thoughts VERSUS negative thoughts.")

("WOV-INST" " Your Worst Fears How much fear or anxiety do you have about. . .")

("WOVHAPP" " Fear of not getting a job or career you will be happy with.")

("WOVPOO" " Fear of not having enough income or money.")

("WOVIL" " Fear of having a serious illness.")

("WOVDEAT" " Fear of death.")

("WOVALON" " Fear of being alone.")

("WOVNOLO" " Fear of not ever having a good marriage and/or family life.")

("WOVLIKE" " Fear of not having close enough friends.")

("WOVPERS" " Fear of not becoming the kind of person you want to be.")

("WOVPROB"

" Fear of never overcoming some personal, psychological, or other type of problem.")

("WOVDISC"

" Fear that something about you will be discovered, punished, or made public.")

("WOVSUCC" " Fear of not obtaining the academic or career success you want.")

("WOVOVER"

" Degree of belief that even if your worst fear(s) happened, you could learn how to be happy.")

("SELF-CONF-INS"

" Self-Confidence Questions CONFIDENCE in your abililities, skills, knowledge, and motivation in this area.")

("SLFLEAR" " Learning and study skills")

("SLFCRIT"

" Critical thinking and logic--ability to examine statements critically and think logically")

("SLFRESE" " Research and methodology")

("SLFANAL"

" Analytical thinking--ability to conceptually break wholes into component parts")

("SLFSYNT"

" Synthesis--ability to put confusing pieces together into meaningful wholes")

("SLFCREA"

" Critical thinking and logic--ability to examine statements critically and think logically")

("SLFCOMP" " Computer-related skills")

("SLFBIOS" " Biological Science")

("SLFNATS" " Natural Science (physics, chemistry, etc.)")

("SLFLIBA" " Liberal Arts (literature, history, English, languages, etc.)")

("SLFSOCS"

 " Behavioral and Social Sciences (psychology, sociology, political science, etc.)")

("SLFPHIL"

 " Philosophy and/or Religion

")

("SLFPERF" " Performing Arts (music, dance, theatre arts, etc.)")

("SLFFINE" " Fine Arts (art, design, etc.)")

("SLFBUSA" " Business or Management")

("SLFHEAL" " Health or Medicine")

("SLFENGI" " Engineering or Technical")

("SLFEDUC" " Education, Counseling, or Helping-Related")

("SLFI" " Overall intelligence (IQ)")

("SLFDECM" " Life and career decision-making and planning")

("SLFTIME" " Time management")

("SLFCOP"

 " Emotional coping skills--ability to prevent and overcome negative emotions effectively")

("SLFSELF"

 " Self-motivation--ability to motivate yourself to do unpleasant tasks even under adverse conditions")

("SLFSELF"

 " Self-disclosure--ability and practice of sharing openly innermost feelings and intimate information with close friends and family")

("SLFACHA"

 " Task or achievement motivation and work habits--highly focused and productive work habits.")

("SLFMANA" " Managing finances and money")

("SLFHEAL" " Health or Medicine")

("SLFMEET" " Meeting people and talking to strangers")

("SLFLIST"

 " Empathetic listening skills--ability and practice of understanding inner meaning of what others say")

("SLFSELF"

 " Self-disclosure--ability and practice of sharing openly innermost feelings and intimate information with close friends and family")

("SLFCONF"

" Conflict resolution skills--ability to calmly and effectively resolve interpersonal conflict situations")

("SLFPERS" " Persuasion skills--ability to influence others")

("SLFMANA" " Management and leadership skills")

("SLFHELP" " Helping and teaching skills")

("SLFSPEA" " Public speaking skills")

("SLFJOBS" " Job search and interviewing skills")

("SLFADAP"

" Very adaptable, flexible, and resourceful--ability to rapidly adapt to and be successful in almost any situation.")

("SLFHAPP"

" \"Happiness IQ\"--knowledge and ability of how to make yourself happy in any possible situation and overall.")

("SLFOPTI" " Time management")

("SLFFRIE" " Very caring, friendly, and outgoing person overall.")

("SLFINDE" " Very strong, independent, self-disciplined person overall.")

("SM-INS"

" Self-Management Questions: Honest answers give you the most accurate results.")

("SMTBUS"

" I rarely get upset about being too rushed, having too many things to do, or not having any time to relax.")

("SMTFUTU"

" I spend a lot of time thinking about the future, making plans, and working toward completing distant goals.")

("SMTEXER"

" Frequency that you get vigorous exercise for a minimum of 20 minutes:")

("SMTEAT"

" I eat a very healthy diet, (vitamins, minerals, balanced meals, fiber, low fat, etc.) do not drink excessively, smoke, or take drugs.")

("SMTSLEE" " Number of hours I average sleeping per night:")

("SMTSDEV"

" I have been successful in consciously planning and greatly improving a number of important aspects of myself such as my interpersonal relations, coping with my emotions, self-discipline, smoking, overeating, or study habits.")

("SMTNPRO"

" If I am facing a task or assignment that is very boring, very confusing, or very frustrating, I will almost always start it without any procrastination and continue to work diligently until it is completed at a high level of quality.")

("SMTPTOD"

" I make a PRIORITIZED TASK LIST which covers to-do's from my school, work, social, recreation, and other areas of my life at least once per week.")

("SMTGOAL"

" At least twice a year I spend several hours making a list of GOALS and SPECIFIC OBJECTIVES for myself for each area of my life and use these goals/objectives regularly during the year planning my weekly activities at least twice per year.")

("SMTSCH"

" I make a WEEKLY SCHEDULE of how I want to spend my time during the week--scheduling times for classes, study, friends, work, recreation, and other important activities. I use this schedule weekly.")

("SMT2DTO"

" I make a COMPREHENSIVE SCHEDULE of ALL ASSIGNMENTS and PROJECTS and their DUE DATES for the ENTIRE semester, quarter, year, etc., and regularly use that schedule to see what I need to do next.")

("SMTACMP"

" I am extremely busy with many things to do, but feel that I am accomplishing a great deal in most of my life areas, enjoy my life a great deal, and rarely feel under too much pressure from too many things to do.")

("SMTGHEL"

" I work on self-improvement regularly by reading, counseling, taking non-required classes, or other activities to consciously improve myself.")

("SMTBALA"

" I would say that I lead a very balanced lifestyle. I have time and energy for my school, my work, friends and family, the opposite sex, relaxation, physical activity, my spiritual life, and recreation. In addition, almost all of these life areas are providing me with a great deal of satisfaction.")

("SMTHABC"

" If I get good advice from reading or another person, I almost always make a conscious effort to follow that advice and even change life-long habits.")

("COPE-INS"

" Emotional Coping Questions When upset, percent of the time you _____")

("COPE-INST" " Emotional Coping Questions")

("COPNEGT"

" Worry, think negative thoughts, think of problems without thinking of good solutions")

("COPCOPE" " Eat.")

("COPPSOL"

" Face the problem directly, think about what caused the feelings, think of possible solutions, and take action to solve the underlying problem.")

("COPEMOT"

" Outwardly express anger by losing your temper, crying, damaging something, or getting even.")

("COPAVOP"

" Avoid thinking about problems by sleeping, keeping busy, or putting it off.")

("COPBLAM" " Think about whose fault it is, blame yourself, or blame others.")

("COPWDR"

" Withdraw from others, feel hurt, hold your emotions in, feel sorry for yourself.")

("COPFU"

" Do something involving or fun to get rid of the feelings (listen to music, read, socialize, shop, walk, etc.")

("COPTALK"

" Talk to someone else about the problem/feelings (friend, family member, counselor, etc.)")

("COPPEPT"

" Think about positive thoughts and goals and/or give yourself a pep talk.")

("COPSMOK" " Smoke a cigarette or tobacco product.")

("COPDRU"

" Drink an alcoholic beverage, take street drugs, or use prescribed medication.")

("COPP"

" Think about positive thoughts and goals and/or give yourself a pep talk.")

("COPNEGP"

" Think of the problem from a very critical or punitive point of view. (Examples: \"I must not make mistakes.\" or \"God may send me to Hell\")")

("COPSELF"

" Get angry at yourself, think negative thoughts about yourself, or call yourself names.")

("COPPOSP"

" Think of the problem from a constructive (philosophical or religious?) point of view that makes you feel better.")

("COPEXPE"

" Examine your underlying expectations of yourself (or others) and reset them to more realistic levels.")

("COPHAPP" " Tell yourself that you can be happy no matter what happens.")

("COPAVOA"

" How often have you missed work, school, or other important activities because you were so upset (anxious, depressed, etc.) that you couldn't cope.")

("COPSELF"

" How much do you enjoy exploring and analyzing your feelings, thoughts, beliefs, and memories.")

("CR-INS"

" Relationship Questions Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship.")

("CR1ISSU"

" When my partner and I have a discussion or argument, we almost always stay on one issue at a time.")

("CRRESOL" " My partner and I rarely argue about the same issue more than once.")

("CRNTHRE"

" I almost never make threats about what I will do if my partner takes a certain action.")

("CRUNDER"

" We usually discuss what is really bothering us (the underlying issues) instead of the surface issues.")

("CRTKLON"

" One partner usually talks a long time before the other partner has a chance.")

("CRNNEGL"

" I rarely use negative labels or call others (such as 'dumb,' 'dependent,' 'weak,' 'selfish,' 'inconsiderate') even when we are angry with each other.")

("CRTEWEA"

" I do not really feel very comfortable telling my partner about my weaknesses or something I have done wrong.")

("CRWINWI"

" When making an important decision, we almost always discuss it until we find a solution with which we are both happy.")

("CRLONGT"

" Sometimes when we are trying to resolve a difficult problem, we almost always keep going until we reach a solution (even if we have to discuss it for hours or the next day).")

("CREXAGG"

" I frequently use words like \"always,\" \"never,\" or other exaggerations.")

("CRMANIP"

" I frequently feel as if my partner is manipulating me or that I am manipulating my partner.")

("CRSUMMA"

" When discussing important issues my partner and I usually repeat back a summary of what the other has said to make sure we understand it.")

("CRCPRAI"

" Even during a disagreement, my partner and I frequently laugh and praise each other.")

("CRBOASS"

" My partner and I are both very assertive(positive, firm, and diplomatic).")

("CROPHON" " Our communication is extremely open, nondefensive, and honest.")

("CRREPRA" " Overall, my partner gives me a lot more criticism than praise.")

("CRTEAC"

" If one of us tries to teach the other something, we usually end up having some hard feelings.")

("CRIFAVO"

" If my partner asks me to do me a favor, I almost always do it cheerfully.")

("CRIFOLU" " I almost always do what I tell my partner I will do.")

("CRANGAN"

" If my partner gets angry at me, I usually get angry or defensive back.")

("CRIPRAI"

" Overall, I criticize my partner quite a bit more than I praise him/her.")

("CRANGRE"

" If I lose my temper at my partner, he/she will almost always tell me about it in a firm, diplomatic way without losing his/her temper. I do the same when she/he loses her/his temper.")

("CRTLKMO"

" In our conversations, one partner usually talks quite a bit more than the other.")

("CREQWI"

" My partner and I \"win\" long disagreements/arguments about equally often.")

("INT-INS"

" Relationship Questions Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship.")

("INSTSHL"

" If I am under more stress than usual, my partner will usually do extra things for me.")

("INTCOMI" " A long term commitment (would) cause(s) me to feel trapped.")

("INTUNDR"

" We usually discuss what is really bothering us (the underlying issues) instead of the surface issues.")

("INTTELA" " I have told my partner almost everything about myself.")

("INTSMGO" " My partner and I strongly agree on most long term goals.")

("INTEQDE"

" Overall, my partner and I are equal in how much influence we have in decisions.")

("INTIOPE"

" When I discuss an important issue with my partner, I go ahead and tell my partner almost exactly what I am thinking and feeling--even though it might upset him/her. My partner does the same.")

("INTWEOP" " Our communication is extremely open, nondefensive, and honest.")

("INTDAIL"

" Almost every day my partner and I each share our FEELINGS about events happening that day.")

("INTRESP" " I respect my partner more than almost anyone else I know.")

("INTALLO"

" My partner and I talk very openly and freely about specifically what we like and dislike about even the most sensitive areas of our relationship (e.g. what we really think of each other, sexual relations, finances, secrets.")

("INTWKTO" " My partner and I do NOT enjoy working at the same task together.")

("INTKNPF" " I frequently do not know what my partner really wants or feels.")

("INTLSQP"

" I frequently tell others about their positive characteristics and about how much I like, love, or respect my partner.")

("INTLOV" " I love (care for) my partner very much.")

("INR-INS"

" Relationship Questions Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship.")

("INRBEAL"

 " It is NOT ok for one partner to go away for a weekend by themselves to think and be alone.")

("INALCNS"

 " One should always consult with their partner before making even small decisions.")

("INRFRIE"

 " My partner has close friends of his/her same sex with whom he/she has frequent social contact outside work.")

("INDIFDE"

 " If my partner makes a decision concerning his/her own personal matters, and I do not agree with it, I almost always am supportive and encouraging to my partner.")

("INRLUNC"

 " It is ok for one partner to go out to lunch alone with an attractive friend of the opposite sex.")

("INRINHA"

 " The (marriage) relationship is more important than the happiness of one partner.")

("INNEVAR"

 " Partners should never argue or disagree if they are to have a truly happy relationship.")

("INRIGRO"

 " I would end my relationship if staying in it meant that I could not grow as a person.")

("INRSAYW"

 " When I refer to myself, I frequently say 'we' (meaning my partner and I).")

("INCOMTW"

 " One of us frequently worries about whether the other is really committed to this relationship.")

("INDIFGO"

 " It is OK for my partner and I to have some goals which are not the same.")

("INFINDA"

 " If I did not have my partner, I would think I could find another partner with whom I could be very happy.")

("INENALO"

 " I find that I can't really enjoy myself very much if I go someplace without my partner.")

("INOKALO" " I don't know how I could be happy if I didn't have my partner.")

("INRHATE" " I hate to be alone for even a short time.")

("INRFREE"

 " I feel free to do whatever I want at home whether or not my partner is there.")

("INSEPIN"

 " I am glad that my partner has some recreational activities and interests apart from me.")

("INRMONE"

 " My partner and I each have our own funds from which to buy personal things without consulting the other.")

("ROM-INS"

" Relationship Questions Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship.")

("ROMSURP"

" I do something different to surprise my partner such as buy flowers, leave a love note, or buy a present for no special event at least once a week.")

("ROMFANT" " I frequently fantasize about my partner.")

("ROMCELE"

" My partner and I celebrate special days together almost once a month.")

("ROMPLAC"

" My partner and I go out to romantic places just to be alone together at least once a week.")

("ROMATTR" " I am extremely attracted to my partner sexually.")

("ROMPLAY"

" My partner and I both enjoy playful interactions with each other several times per week.")

("ROMCHAR" " My partner is extremely charming and romantic.")

("LRO-INS"

" Relationship Questions Apply this question to your closest relationship: marriage or close romantic relationship, OR apply the question to an imagined future relationship, OR to another valued relationship.")

("LROMTAS"

" There are certain tasks that are MORE the man's responsibility, such as providing economic support, taking care of the car, etc.")

("LROFTAS"

" There are certain tasks that are MORE the woman's responsibility, such as cleaning house, fixing meals, etc.")

("LRMFINA" " The man should make the final decision.")

("LROEMBA"

" I would feel embarrassed if my partner did something considered more characteristic of the opposite sex in front of other people (such as a woman working on the car or a man crying).")

("LROMSTR"

" I want a relationship in which the man is stronger and more decisive than the woman.")

("LROEQIN"

" The man and woman should be equally responsible for providing an income for the couple or family.")

("LRCARCO"

" If the man and woman have a career conflict in which one has to quit his/her job, the woman should be the one to quit.")

("HAP-INS" " Overall Happiness Questions Degree that you are happy with ... ")

("HAPARE"

" Happiness with living in this area, with the home in which I live, and feeling at home here.")

("HAPCLFR"

 " Happiness with the number and closeness of my friendships, and I see them as often enough.")

("HAPCARN" " Happiness with my career now.")

("HAPCARF"

 " Happiness with expectations for future career success and happiness.")

("HAPFRIE" " Happiness with friendships.")

("HAPWKRE" " Happiness with relationships at work, school, or job-like setting.")

("HAPP" " Happiness with my physical activity area of my life.")

("HAPRECR" " Happiness with my recreation.")

("HAPSEXR" " Happiness with the sexual/romantic relationship area of my life.")

("HAPFAMI" " Happiness with my family relationships.")

("HAPSELF"

 " Happiness with the kind of person I am and with my personal growth/development.")

("HAPSPIR"

 " Happiness with having a meaningful life and with my spiritual or religious life.")

("HAPYEA" " Overall happiness during the past year.")

("HAP3YEA" " Overall happiness during the past year.")

("HAPLIF" " Overall happiness during my entire life up to 3 years ago.")

("HAPEXPE" " Overall happiness expected in the future.")

("RHL-INS" " Health Questions What best describes your health and your habits?")

("RHLFREQ" " How often did you get sick the past 3 years?")

("RHLALCO" " How many drinks of alcohol do you average?")

("RHLSMOK" " How often do you use cigarettes or other tobacco products?")

("RHLDRUG" " How many often do you take illegal drugs on average?")

("RHLPHYS" " How would you describe your physical conditioning?")

("RHLWEIG" " How would you describe your weight?")

("RPE-INS" " Relationship Questions Honest answers give better results.")

("RPEHAPF"

 " Almost all of my good friends are very successful and happy in almost every area of their lives including school and interpersonal relationships.")

("RPEHMAR"

 " I have (or have had) a very happy marital -- or marital-like relationship with someone for an extended period of time.")

("RPENET"

 " I have developed an extensive, close network of friends and career-related persons with whom I share support and information.")

("RPECLFR"

" In my life I have had a number of extremely close friends with whom I could discuss my innermost secrets, weaknesses, and problems.")

("RPENUMF"

" Approximate number of friends in general with whom you interact socially -- outside of work or school settings--at least once a month.")

("RPENUMC"

" Approximate number of EXTREMELY CLOSE friendships with which you are VERY SATISFIED.")

("RPECOMM"

" Degree of commitment to an intimate(romantic) relationship (lasting at least 3 months)")

("RDEP-INS"

" Unhappiness and Depression Questions Honesty is important for valid results.")

("RDEP-INST"

" Unhappiness and Depression Questions Honesty is important for valid results.")

("RDEPFEE" " I often feel sad, apathetic, listless, or depressed.")

("RDEPTHO"

" I often feel worthless, very guilty, or think very negative thoughts about my future, the world, death, or myself.")

("RDEPDYS"

" If you have felt depressed and had 2 or more of the following symptoms regularly, how long have you had them?

* feel sad, unhappy, or depressed most of the day for most days

* feel low energy, tiredness most of the time

* have poor concentration and trouble making decisions

* feel hopeless or doomed

* have feelings of low self-esteem

* have poor appetite or overeat

* sleep too little or too much most of the time.")

("RDEPMAJ"

" How many times for 2 or more weeks at a time, have you had 5 (or more) of the following symptoms:

* feel very depressed

* have markedly less interest or pleasure in almost all daily activities

* diminished ability to concentrate or think

* feel worthless and/or very guilty

* not be able to sleep or sleep much more than usual

* have very low energy

* significant weight loss or gain (without effort)

* move much more slowly (motor retardation) or quickly (agitation) than usual

* have recurring thoughts of death or suicidal thoughts")

("RDEPMED"

" Length of time that you have been prescribed medication for depression.")

("RDEPTHE" " Amount of counseling or psychotherapy for depression.")

("RANX-INS"

" Anxiety Related Questions Degree/accuracy this statement describes you.")

("RANX-INST" " Anxiety Related Questions Give your best estimate.")

("RANXPER"

" Do you feel excessively nervous or anxious when speaking or performing in front of others.")

("RANXALL" " Do you worry or feel nervous or anxious almost all of the time?")

("RANXPST"

" Do you suffer from post-traumatic stress symptoms?

[Were you ever exposed to some life-threatening, abusive, or shocking traumatic event(s) where you felt extremely frightened and helpless AND still have frequent episodes of flashbacks, numbness, detachment, distress, avoidance of similar situations, or other symptoms that significantly interfere in your life?]")

("RANXSOC"

" Do you feel very nervous or anxious almost any time you are with other people?")

("RANXOC"

" How many times have you had a lasting problem with obsessions or compulsions?

[Obsessions definition: recurring, uncontrollable thoughts or images that you cannot get out of your mind, and cause distress.

Compulsions definition: repeating outward or mental acts (e.g. washing, ordering, checking, praying, counting, repeating words) because one feels compelled to.

Both obsessions and compulsions are usually not realistically connected to any immediate outside problem or are excessive.]")

("RANXPHO"

" How many genuine phobias do you think you have?

[Phobia definition: repeated intense, excessive, and unreasonable fear or anxiety elicited by a specific object, animal, or situation. Or, do you have a fear of almost all social contact?]")

("RANXPAN"

" About how many genuine panic attacks have you had during the past 5 years?

[Panic attack definition: four or more of the following symptoms together for 10 minutes or more:

pounding heart; trembling; trouble breathing; chest pain; feeling dizzy;   feeling detached or numb; plus fears of dying, going crazy, or losing control]")

("RANXMED"

" Length of time that you have been prescribed medication for anxiety, obsessions/compulsions, phobias, or panic disorder.")

("RANXTHE"

" Amount of counseling or psychotherapy for excessive stress, anxiety, obsessions/compulsions, phobias, or panic disorder.")

("RANG-INS"

" Anger Related Questions Degree/accuracy this statement describes you. Honesty is very important for helpful results.")

("RANG-INST"

" Anger Related Questions Give your best estimate. Honesty is very important for helpful results.")

("RANGFEE" " How often do you get angry and lose your temper?")

("RANGYEL" " How often do you yell at someone or call someone hurtful names?")

("RANGDOM"

" How often do you get someone to do what you want by criticizing them, out-talking them, getting angry, or threatening them.")

("RANGTHO"

" How often do you think about getting even with someone who has hurt you?")

("RANGDES"

" How often do you damage objects or property, hurt animals or people purposely, or break the law?")

("TB2-INS"

" Important Beliefs Questions To what degree do you believe the following.")

("TB2RELA"

" There is no 'absolute' right and wrong or good or bad--it depends upon factors like your point of view, the situation, or one's cultural background.")

("TB2PUNI"

" We must run our lives by rules, and people who break those rules must be severely punished or we will have chaos.")

("TBV2NOT"

" If a person has a bad environement and/or genetics, they aren't really responsible for what they do.")

("TB2GROU"

" One group in my life (such as my family, nation, culture, or religion) is so important that I would be almost nothing without them. Life wouldn't be worth living.")

("TB2SELF"

" Life has no meaning in itself, any meaning must be supplied by the individual.")

("TB2GDWR"

" People can only be completely forgiven and guilt-free if they are good enough (do enough of the right things).")

("TB2GDAT"

" Goodness (or being forgiven) depends much more on attitude than good deeds.")

("TB2ALLG"

" There is a lot of good in all people no matter what they believe or have done.")

("TB2REAS"

" If society would base everything upon reason and science, we would have nothing to worry about.")

("TBV2AST"

" I believe in phenomena like communicating with spirits of the deceased, seeing into the future, and astrology.")

("TB2IDHU" " I identify with all humanity more than any single group.")

("TB2LIFA" " I believe in some form of life after death.")

("TB2MOVE"

" Being part of a progressive movement is more important to me than my family or any other group.")

("TBV2COR"

" Despite some doubts, I have a set of strong core beliefs [about God, Nature, Humanity, Right and Wrong, Myself etc.] that I use daily to guide me in all aspects of life.")

("CAR-INS"

" Career or College Major Interests Questions Degree/Accuracy this describes you.")

("CAR1CAR"

" I feel extremely satisfied about my career decision. I have a clear career goal and plan for reaching that goal. My plan has a very high probability for success.")

("CAR1CAR"

" I have spent a great deal of time going through the process of reaching a career decision doing things such as reading about careers, interviewing others, taking interest tests, thinking about what I want, and getting related work experience.")

("CAR1INA"

" I really enjoy natural science classes like chemistry, physics, or geology and am considering a career involving some aspect of natural science.")

("CARIBIO"

" I really enjoy subjects like biology and am considering a career which might involve a lot of knowledge of biological science. I am considering a major or minor in BIOLOGY, MICROBIOLOGY, or another biological science.")

("CARISOC"

" I really enjoy learning about myself or other people. I enjoy classes like psychology, sociology, anthropology, economics, or geography. I am considering a career where understanding people, groups, economics, OR cultures may be important.")

("CARIHEL"

" I really enjoy helping people and am considering a career in a 'helping profession' such as counseling, teaching, or social work.")

("CARIMAT"

" I love math, am very good at it, and am considering a career in which math might play an important part.")

("CARIME"

" I am considering a career in a medical or health-related field. Or I might like a career related to physical education, physical therapy, pharmacy, audiology, speech therapy or some other field which requires a lot of knowledge about biology or the human body.")

("CARIWRI"

" I love to write and am considering a career in which writing would be very important. OR I have an interest in journalism or radio, TV, or film production.")

("CARIFNA"

" I have a serious interest in an art-related field such as art, design, music, dance, photography, or theatre arts.")

("CARIETH"

" I am extremely interested in studying about an ethnic group, about women, or about ancient or current cultures.")

("CARILEA"

" I love learning through reading, taking classes, or any other way I can. I might eventually want to get a masters degree or doctorate.")

("CARIEXP"

" I would love to specialize and be an expert at something. I tend to get passionate interests about one interest area at a time for months or years. I am considering a career where I might become an expert at something that requires intense study or an advanced degree.")

("CARIGEN"

" I enjoy a large variety of activities. I would like a career where I have a little knowledge about many things. I might rather have a more general degree like a general business, social science, or liberal arts degree that can give me a wide variety of career options.")

("CARINOI"

" I have never been very interested in school, any particular subject in school, or any particular career that I know of. I feel very confused about what major or career I want.")

("CARILI"

" I enjoy reading and literature of many types. I am considering a field like history or literature.")

("CARIREC"

" I really enjoy sports, recreational activiites, and helping others enjoy them. I am considering a career in a physical education, sports, or recreation-related field.")

("CARIPOL"

" I enjoy learning about law, politics, or government and am considering a career where these subjects may be important.")

("CARIMIL"

" Law enforcement, the legal profession, probation, or the military are careers I have an interest in.")

("CARIMAN"

" I really enjoy working with machines, electronics, computers, aircraft, medical equipment, construction, or other activities where I can work with my hands and see something I made or repaired. I am less interested in designing these or working behind a desk. I might prefer a technical career which requires only a one- or two-year technical degree at a community college or a technical school.")

("CARILAN"

" I really enjoy other countries and learning foreign languages. I am considering majoring or minoring in a foreign language.")

("CARIPHI"

" I really enjoy philosophy and/or the study of religion. I may want PHILOSOPHY or RELIGION as a major or a minor for my career and/or personal benefit.")

("CARIBUS"

" I expect to work in a business setting or am considering a major or minor in a business-related career.")

("CARIENG"

" I am interested in science and/or technical things, math, computers, medical equipment, machines, airplanes, electronics, buildings or public works projects. I might like to build or design things or work with computers. I am considering a career in engineering, engineering technology, computers, architecture, or a related field.")

("CARIFAM"

" I have a very high interest in one or more of the following--child development, consumer affairs, fashion merchandising, textiles and clothing, nutrition, food industries, gerontology, or teaching home economics or family and consumer affairs. I might be interested in one of these areas as a major or minor in a FAMILY AND CONSUMER SCIENCES area.")

("CARIWOM"

" I might be interested in majoring or minoring in Women's Studies or studies of a special ethnic group such as Asian or Asian-American Studies, Mexican-American Studies, Black Studies, or Native American Studies.")

("CARICOM"

" I enjoy working on a computer, learning about software and hardware, and think that I might enjoy a job in a computer-related field where I spend a lot of time designing software or hardware, or working with computers, computer networks, the Internet, or managing others who work with computers.")

("CARINTE"

" I might like to have a major that combined two or three other major areas of my choosing. I might like to inquire about designing such a major that fits my particular interests. [Most universities offer such majors under titles like 'Special Major', 'Interdisciplinary Studies', or 'Liberal Arts.']")

("CARIBMA"

" I enjoy selling or planning how to market things and am considering a career in sales, marketing, market research, or some other form of merchandising. I am considering MARKETING as a major or minor.")

("CARIBMA"

" I think I would like being an executive or manager in charge of other people and responsible for a work-group or business. I am considering a career in management or MANAGEMENT as a major or minor.")

("CARIBIN"

" I enjoy working with computers, and think I would like a career related to business applications of computers. I am considering BUSINESS INFORMATION SYSTEMS as a major or minor department.")

("CARIBFI"

" I enjoy dealing with money, finance, economics, real estate, and/or business law issues. I am considering a career in a field related to one of these interests. I am considering a major or minor in the FINANCE department.")

("CARIBHR"

" I would like teaching and helping people in a business setting and am considering work in personnel, training, or human resource development. I am considering a major or minor in HUMAN RESOURCES MANAGEMENT.")

("CARIBAC"

" I would like to work with numbers and do precise, detailed work. I might enjoy working with auditing or tax-related issues. I am considering a career, major, or minor in ACCOUNTING or a related field.")

("CARISPB"

" I would greatly value developing my speech, communication, or public relations skills to high level and am considering a career where those skills may be very important. I am considering a major or minor in the SPEECH COMMUNICATION department.")

("CARIEEN"

" I enjoy complex math and might enjoy designing complex electronic systems such as computers. I am considering a career in electrical or electronic engineering or its option in biomedical engineering.")

("CARIM"

" I enjoy design and am interested in the workings of complex mechanical things. I am considering a career in mechanical engineering or in one of its options of industrial-management engineering, materials engineering, or ocean engineering.")

("CARICHE"

" I enjoy chemistry and also designing things. I am considering a career in chemical engineering.")

("CARICIV"

" I think I would enjoy designing things like civil works projects, buildings, or other large projects. I am considering civil engineering as a career.")

("CARIAER"

" I am very interested in aerospace-related engineering and am considering a career as an aerospace engineer.")

("CARIEIT"

" I am interested in an engineering-related field, but am not as interested in complex math or designing systems as I am in technical aspects of one or more of the following--construction management, electronics, manufacturing, or quality assurance. I might be interested in an ENGINEERING TECHNOLOGY major.")

("CARICOM"

" I love math, programming, and computer software design, but am less interested in the electronic circuits and hardware of computers. I am considering (engineering) computer science as a major.")

("CARIBCO"

" I really enjoy working with computers. But I would prefer a business environment more than an engineering, science, or mathematical environment. I might consider getting a major in business with an emphasis in computers or INFORMATION SYSTEMS.")

("CARIMUS"

" I love music and am considering a music-related career or a major or minor in MUSIC.")

("CARIAR"

" I love art and am considering an art-related or design-related career or am considering a major in ART.")

("CARIDRA"

" I love to act and be in plays and am considering professional acting as a career or considering a major or minor in THEATER ARTS.")

("CARIDAN"

" I love to dance and am considering a career in which dance might play an important part or a major or minor in DANCE.")

("CARIPHO"

" I have an interest in becoming a photojournalist and would consider a major or minor in PHOTOGRAPHY or PHOTOJOURNALISM.")

("CARINDD"

" I love to draw and design functional things. I would consider a major in DESIGN or INDUSTRIAL DESIGN.")

("CARINTE"

" I love to decorate and would like to design interiors for homes or businesses. I would consider a major in INTERIOR DESIGN.")

("CARITEA"

" I enjoy teaching groups of people and am considering a career where teaching might be an important part of my job.")

("CARICOU"

" I enjoy helping people one-on-one and am considering a career in a counseling-related field such as becoming a psychologist or psychiatrist, a school counselor or psychologist, or a social worker. I know that these all require graduate degrees, and some require psychology as a major. I am considering a major in PSYCHOLOGY (which will also give me the most flexibility in choosing what type of counseling I want to pursue later.)")

("CARIEDU"

" I would strongly like to work in an educational setting such as a public school or university.")

("CARIHAD" " I would especially enjoy a career helping ADULTS.")

("CARIHCH" " I would especially enjoy a career helping CHILDREN or TEENAGERS.")

("CARITVO"

" I would enjoy teaching vocational or shop courses. I am considering vocational education as a major.")

("CARICOM"

" I would be interested in a career helping people with their speech or helping persons with hearing impairments. I might want a major leading to a career in audiology or speech therapy such as COMMUNICATIVE DISORDERS.")

("CARSOCW"

" I know that I want to be a social worker and work with public agencies helping people with various types of disabilities or who are in need of help. I know that most jobs are with the government and think I would enjoy working as part of a larger organization dedicated to helping people even though there may be a lot of paperwork, etc. I am considering a major in psychology, sociology, social work, or a related field.")

("CARK12T"

" I think that I might like to teach in public or private schools in a grade level between Kindergarten and College (K-12). I am interested in a major that leads to a teaching credential.

[In California getting a teaching credential usually means getting a special degree in Liberal Studies for elementary teaching or obtaining one of a select number of majors for teaching high school. Go to your local College or School of Education for more information.]")

("CARMINI"

" I am considering a career in church work or as a minister, priest, rabbi, or other religious leader. Or, I am interested in learning more about or teaching about religion. I am considering a degree in RELIGION, RELIGIOUS STUDIES, or PHILOSOPHY. Or, I am considering a different kind of major such as psychology or sociology that could help me be more effective helping people.")

("CARIFRE"

" I am very interested in learning or teaching French or considering FRENCH as a major.")

("CARIITA"

" I am very interested in learning or teaching Italian or am considering ITALIAN as a major.")

("CARIGER"

" I am very interested in learning or teaching German or am considering GERMAN as a major.")

("CARIRUS"

" I am very interested in learning or teaching Russian or am considering RUSSIAN as a major.")

("CARIJAP"

" I am very interested in learning or teaching Japanese or am considering JAPANESE as a major.")

("CARICHI"

" I am very interested in learning or teaching Chinese or am considering CHINESE as a major.")

("CARICLA"

" I am very interested in ancient Greece or Rome and in learning those languages. I am considering a major in CLASSICS.")

("CARISPA"

" I am very interested in learning or teaching Spanish or am considering SPANISH as a major.")

("CARIPO"

" I am very interested in learning or teaching Portuguese or am considering PORTUGUESE as a major.")

("CARIM"

" I am considering becoming a physician and have high ability in science. I may want to consider a major in a biological or chemical science with a minor in the other.")

("CARINUR"

" I am considering nursing or a related career or a major in NURSING.

[Obtaining an RN (Registered Nurse) certificate usually only requires a 2-year degree, However, you may prefer a 4-year bachelor's degree in nursing to advance your knowledge or career.]")

("CARIPTH"

" I like helping one-on-one and working with the body. I am considering becoming a physical therapist and would consider a major in a pre-physical therapy major such as Kinesiology.")

("CARIHEA"

" I am extremely interested in health science, health education, and/or health administration. I am considering a career in one of these fields or a degree in HEALTH SCIENCE or HEALTH CARE ADMINISTRATION.")

("CARIKIN"

" I am interested in studying the human body, its overall movement and function, physical therapy, athletic training, or physical education. I might be interested in a major in Kinesiology or in a major leading to physical therapy.")

("CARICOM"

" I would be interested in a career helping people with their speech or helping persons with hearing impairments. I might want a major leading to a career in audiology or speech therapy such as COMMUNICATIVE DISORDERS.")

("CARMEDT"

" I might prefer to work in a specialized medically-related field working directly with patients such as a technician working with medical imaging, X-rays, dental assistance, nursing, or some other similar field that only requires one to two years at a technical school or community college.")

("CARILA"

" I am considering becoming a lawyer in criminal law (defense, prosecution, etc.). I think that I might prefer to get an undergraduate degree or minor in CRIMINAL JUSTICE.")

("CARICRI"

" I am considering working in a law enforcement field, within probation, or withi

 another aspect of the legal system. I might be interested in a CRIMINAL JUSTICE major or minor.")

("CARIMIL"

" I am considering joining one of the military services or am considering a career in the military. I might be interested in a MILITARY SCIENCE or related major or minor, or I might want to major i

 some other field and join the military later.")

("CARICHE"

" I enjoy chemistry and am considering a career requiring a lot of knowledge of chemistry (such as chemistry or medicine) or am considering CHEMISTRY, BIOCHEMISTRY, or a related field as a major or minor.")

("CARIPHY"

" I enjoy physics and am considering a career requiring a lot of knowledge of physics or PHYSICS as a major or minor.")

("CARIGEO"

" I enjoy geology or study of the environment and am considering or GEOLOGY as a major or minor.")

("CARIAST"

" I enjoy astronomy and math am considering a career requiring a lot of knowledge of astronomy or ASTRONOMY as a major or minor.")

("CARIENV"

" I enjoy studying the environment, pollution, and/or ways to make the environment cleaner and safer. I might be interested in a major or minor in earth science or environmental studies.")

("CARIPSY"

" I am extremely interested in learning about myself and understanding people in depth. I am considering a career where working with people or am considering a major or minor in PSYCHOLOGY.")

("CARISOC"

" I am extremely interested in learning about groups and society. I am considering a career where knowledge of groups and society would be very important, or a SOCIOLOGY major or minor.")

("CARIHIS"

" I am extremely interested in history, or am considering a major or minor in HISTORY.")

("CARIPOL"

" I am extremely interested in law, politics, and/or studying political systems. I might like to work in public administration, in government or politics, or become an attorney. I am considering a major or minor in POLITICAL SCIENCE or an advanced degree in public administration.")

("CARIECO"

" I am extremely interested in studying the economic behavior of people and/or the economy as a whole. I am considering a major or minor in ECONOMICS.")

("CARGEOG"

" I enjoy studying physical and cultural aspects of various countries or geographic regions. In addition I may enjoy studying topics like climates, mapping, urban life, etc. I might like to major or minor in GEOGRAPHY.")

("CARIAME"

" I am extremely interested in studying the United States and might like to major or minor in American Studies.")

("CARIANT"

" Studying humans and various cultures (including ancient ones) in our many social, cultural, and biological aspects is fascinating to me. I might enjoy majoring or minoring in ANTHROPOLOGY.")

("CARIANT"

" I am very interested in studying cultures in general and cultures as a whole for both the past and present from a variety of viewpoints. I am considering ANTHROPOLOGY as a major or minor.")

("CARISPE"

" I am extremely interested in learning about groups and society. I am considering a career where knowledge of groups and society would be very important, or a SOCIOLOGY major or minor.")

("CARLIN"

" I like social science, research and theory, and find the study of speech and language fascinating. I might like a major or minor in LINGUISTICS.")

("CARIAIS"

" I have a very high interest in American Indian culture and studies and might consider it as a major or minor.")

("CARIBST"

" I have a very high interest in American Indian culture and studies and might consider it as a major or minor.")

("CARIMEX"

" I have a very high interest in Mexican-American culture and studies.")

("CARIASA" " I have a very high interest in Asian-American culture and studies.")

("CARIAMS"

" I have a very high interest in studying the American culture as a whole from a variety of viewpoints and disciplines. I might consider AMERICAN STUDIES as a major or minor.")

("CARIWST"

" I am very interested in studying women--their history, experience, and sex-roles--from a variety of viewpoints. I might be interested in WOMEN'S STUDIES as a major or minor.")

("CARIENG"

" I highly enjoy writing, English literature, and/or possibly teaching English, and am considering ENGLISH or as a major or minor.")

("CARIJOU"

" I am considering working for a newspaper or other news media as a journalist or photojournalist; OR I might want to teach journalism; OR I might want to work in public relations. I am considering JOURNALISM as a major or minor.")

("USERRATE-INS"

" Your Overall Rating of SHAQ Degree/Accuracy this describes you.")

("USERRAT"

" How interesting and beneficial overall would you rate your experience taking SHAQ?

 ADDITIONAL COMMENTS:
 ==> WE WELCOME YOUR COMMENTS VIA EMAIL:
 If you have suggestions for correcting errors or improving SHAQ in any way,
 Email to Dr. Tom Stevens at: tstevens@csulb.edu")
   ;;END ALL SINGLE-R SHAQ QUESTIONS LIST
   ))