**DOMAIN:** Social Emotional Skills

**OUTCOME:** Skills for Setting and Pursuing Goals

**MEASURE:** Global Scale of Selection, Optimization and Compensation (SOC)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How much do each of these statements describe you? | | | | | |
|  | Not at all like me | A little like me | Somewhat like me | A lot like me | Very much like me |
| 1. When I decide upon a goal, I stick to it. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 2. I always pursue goals one after the other. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 3. I keep trying as many different possibilities as are necessary to succeeding at my goal. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 4. I make every effort to achieve a given goal. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 5. I think about exactly how I can best realize my plans. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 6. When I have started something that is important to me but has little chance at success, I make a particular effort. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 7. For important things, I pay attention to whether I need to devote more time or effort. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 8. When things don’t work the way they used to, I look for other ways to achieve them. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 9. When something doesn’t work as well as usual, I look at how others do it. | □  1 | □  2 | □  3 | □  4 | □  5 |

The full scale is available upon request from the Institute for Applied Research in Youth Development at Tufts University. Email [iaryd@tufts.edu](mailto:iaryd@tufts.edu) to request copy.