APPENDIX C

Coopersmith Self – Esteem Inventory,
School Form
Coopersmith Inventory

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Please Print

Name ________________________________ Age _______

School ______________________________ Sex: M   F

Grade ________________________________ Date _______

Directions

On the next pages, you will find a list of statements about feelings. If a statement describes how you usually feel, put an X in the column "Like Me." If the statement does not describe how you usually feel, put an X in the column "Unlike Me." There are no right or wrong answers.
Like Me  Unlike Me

1. Things usually don't bother me.
2. I find it very hard to talk in front of the class.
3. There are lots of things about myself I'd change if I could.
4. I can make up my mind without too much trouble.
5. I'm a lot of fun to be with.
6. I get upset easily at home.
7. It takes me a long time to get used to anything new.
8. I'm popular with kids my own age.
9. My parents usually consider my feelings.
10. I give in very easily.
11. My parents expect too much of me.
12. It's pretty tough to be me.
13. Things are all mixed up in my life.
14. Kids usually follow my ideas.
15. I have a low opinion of myself.
16. There are many times when I'd like to leave home.
17. I often feel upset in school.
18. I'm not as nice looking as most people.
19. If I have something to say, I usually say it.
20. My parents understand me.
21. Most people are better liked than I am.
22. I usually feel as if my parents are pushing me.
23. I often get discouraged at school.
24. I often wish I were someone else.
25. I can't be depended on.
26. I never worry about anything.
27. I'm pretty sure of myself.
28. I'm easy to like.
29. My parents and I have a lot of fun together.

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Like   Unlike
Me    Me
☐   ☐  30. I spend a lot of time daydreaming.
☐   ☐  31. I wish I were younger.
☐   ☐  32. I always do the right thing.
☐   ☐  33. I'm proud of my school work.
☐   ☐  34. Someone always has to tell me what to do.
☐   ☐  35. I'm often sorry for the things I do.
☐   ☐  36. I'm never happy.
☐   ☐  37. I'm doing the best work that I can.
☐   ☐  38. I can usually take care of myself.
☐   ☐  39. I'm pretty happy.
☐   ☐  40. I would rather play with children younger than I am.
☐   ☐  41. I like everyone I know.
☐   ☐  42. I like to be called on in class.
☐   ☐  43. I understand myself.
☐   ☐  44. No one pays much attention to me at home.
☐   ☐  45. I never get scolded.
☐   ☐  46. I'm not doing as well in school as I'd like to.
☐   ☐  47. I can make up my mind and stick to it.
☐   ☐  48. I really don't like being a boy.
☐   ☐  49. I don't like to be with other people.
☐   ☐  50. I'm never shy.
☐   ☐  51. I often feel ashamed of myself.
☐   ☐  52. Kids pick on me very often.
☐   ☐  53. I always tell the truth.
☐   ☐  54. My teachers make me feel I'm not good enough.
☐   ☐  55. I don't care what happens to me.
☐   ☐  56. I'm a failure.
☐   ☐  57. I get upset easily when I'm scolded.
☐   ☐  58. I always know what to say to people.

Gen   Soc   H  Sch Total  L

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