Annexure
EMOTIONAL INTELLIGENCE SCALE – I

INSTRUCTIONS

This scale consists of 33 statements related to our daily life. Read each statement carefully and indicate your feelings on a 5 point scale as given below:

5. Strongly Agree
4. Agree
3. Neutral
2. Disagree
1. Strongly Disagree

Put a tick (✓) mark against one number for each statement to show your feelings. Please answer the statements.

1. I know when to speak about my personal problems to others.
2. When I am faced with obstacles, I remember times I faced similar obstacles and overcome them.
3. I expect that I will do well on most things I try.
4. Other people find it easy to confide in me.
5. I find it hard to understand the non-verbal messages of other people. *
6. Some of the major events of my life have led me to be-evaluate what is important and non-important
7. When my mood changes, I see new possibilities.
8. Emotions are one of the things that make my life worthwhile living.
9. I am aware of my emotions as I experience them.
10. I expect good things to happen.
11. I like to share my emotions with others.
12. When I experience a positive emotion, I know how to make it last.
13. I arrange events others enjoy.
14. I seek out activities that make me happy.
15. I am aware of the non-verbal messages I send to others.
16. I present myself in a way that makes a good impression on others.
17. When I am in a positive mood, solving problems is easy for me.
18. By looking at their facial expression, I recognize the emotions people are experiencing.
19. I know why my emotions change.
20. When I am in a positive mood, I am able to come up with new ideas.
21. I have control over my emotions.
22. I easily recognize my emotions as I experience them.
23. I motivate myself by imagining a good outcome to task I take on.
24. I compliment others when they have done something well.
25. I am aware of the non-verbal messages other people send.
26. When another person tells me about important events in his or her life, I almost feel as though I have experienced this event myself.
27. When I feel a change in emotions, I tend to come up with new ideas.
28. When I am faced with a challenge, I give up because I believe I will fail. *

29. I know what other people are feeling just by looking at them.

30. I help other people feel better when they are down.

31. I use good moods to help myself keep trying in the face of obstacles.

32. I can tell how people are feeling by listening to the tone of their voice.

33. It is difficult for me to understand why people feel the way they do.

* It indicates Reverse Items.
LOCUS OF CONTROL SCALE - II

INSTRUCTIONS

This is a questionnaire to find out the way in which certain events in our society affect different people. Each item consists of a pair of alternatives lettered (a) and (b). Please select one statement of each pair (and only one) which you more strongly believe to be the case as far as you are concerned. Be sure to select the one you actually believe to be more true rather than one you think you should choose or the one you would like to be true. This is a measure of personal belief obviously there are no right or wrong answers.

Please read these items carefully but do not spend too much time on any one item be sure to find an answer for every choice.

In some instances you may discover that you believe in both statements and neither one. In such cases, be sure to select the one you more strongly believe to be true as far as you are concerned. Also try to respond to each item independently. When making choice, do not be influenced by your previous choices. Select any one statement and make a circle around it.

Information given by you will be kept strictly confidential and will be used only for Research purposes.

1. a) Children get into trouble because their parents punish them too much.

   b) The trouble with most children now a days is that their parents are to easy with them
2. a) Many of the unhappy things in people’s lives are partly due to bad luck.
   b) People’s misfortunes result from the mistake they make.

3. a) One of the major reasons why we have wars is because people don’t take enough interest in politics.
   b) There will always be wars no matter how hard people try to prevent them.

4. a) In the long run people get the respect they deserve in this world.
   b) Unfortunately, an individual’s worth often passes unrecognized no matter how hard he tries.

5. a) The idea that teachers are unfair to students is non-sense.
   b) Most students don’t realize the extent to which their grades are influenced by accidental happenings.

6. a) Without the opportunity one cannot be an effective leader.
   b) Capable people who fail to become leaders have not taken advantage of their opportunities.

7. a) No matter how hard you try some people just don’t like you.
   b) People who are not liked by others do not understand how to get along with others.

8. a) Heredity plays the major role in determine one’s personality.
   b) It is one’s experiences in life which determine what they’re like.

9. a) I have often found that what is going to happen will happen.
b) Making a decision, to make a definite course of action has turned out better for me than trusting on luck.

10. a) In the case of the well prepared student there is rarely if ever such a thing as an unfair test.

b) Many times in examination questions tend to be so unrelated to course work that studying is really useless.

11. a) Becoming a success is a matter of hard work, luck has little or nothing to do with it.

b) Getting a good job depends mainly on being in the right place at the right time.

12. a) The average citizen can have an influence in government decisions.

b) This world is run by the few people in power, and there is not much the little guy can do about it.

13. a) When I make plans I am almost certain that I can make them successful.

b) It is not always wise to plan too much in advance because many things turn out to be a matter of good or bad fortune.

14. a) There are certain people who are just no good.

b) There is some good in every body.

15. a) In my case getting what I want has little or nothing to do with luck.

b) Many times we might just as well decide what to do by flipping a coin.
16. a) Who gets to be the boss often depends on who is luckily enough to be in the right place first.
b) Getting people to do the right thing depends upon ability; luck has little or nothing to do with it.

17. a) As per as world affairs are concerned most of us are the victims of forces we can neither understand nor control.
b) By taking an active part in political and social affairs, the people can control world events.

18. a) Most people don’t realize the extent to which their lives are controlled by accidental happenings.
b) There really is no such thing as “luck”.

19. a) One should always be willing to admit mistakes.
b) It is usually best to cover up one’s mistakes.

20. a) It is hard to know whether or not a person really likes you.
b) How many friends you have depends upon how nice a person you are.

21. a) In the long run the good things and bad things are balanced.
b) Most misfortunes are the result of luck of ability, ignorance, laziness, or all three.

22. a) With enough effort we can completely remove political corruption.
b) People can not have much control over the things politicians do in office.
23. a) Sometimes I can't understand how teachers arrive at the grades they give.

   b) There is a direct connection between how hard I study and the grades I get.

24. a) A good leader expects people to decide for themselves what they should do.

   b) A good politician explains to people how to do their duties.

25. a) Many times I feel that I have little influence over things that happen to me.

   b) I do not believe that chance or luck plays an important role in my life.

26. a) people are lonely because they don't try to be friendly.

   b) It is useless to try too hard to please people, if they like you.

27. a) There is too much emphasis an athletics in high school.

   b) Games and sports are an excellent way to build character.

28. a) What happens to me is my own doing.

   b) Some times I feel that I don't have enough control over the direction my life is taking.

29. a) Most of the time I can't understand why politicians behave the way they do.

   b) In the long run people are responsible for bad government on a national as well as on a local level.
INSTRUCTIONS

Here below are sets of statements of habits, skills and attitudes which influence your academic performance. Read them and mark them carefully. Please answer all questions.

At the end of each of the statements, you will find columns, 1. 2. Place a (√) mark in the column which you feel most nearly describes your own case. Remember that this is not a test. There is no right or wrong answer.

What you actually are doing now is the answer.

1. I have to re-read material several times. The words don’t have much meaning the first time I read them.

2. I have trouble picking out the important points in material I read or study, I take down material which turns out to be unimportant later.

3. I pronounce the words to myself as I read.

4. I miss important points in the lecture while copying down notes on something.

5. I find it difficult to keep my mind on what I am studying – i.e., I don’t know what I have been reading about.

6. I have a tendency to “day dream” when trying to study.

7. It takes me some time to get settled and “warm-up” why I start studying.
8. I find myself too tired and sleepy to study efficiently.

9. I have to wait for "the mood" to come or for an inspiration before starting a task; I am likely to waste time.

10. My study periods are often too short that by the time I "warm up" the time is over.

11. My time is not properly spent. I spend too much time on some things and not enough on others.

12. I read very late on the day prior to examination.

13. I get anxious and nervous at Examinations and cannot do justice or write what I know.

14. I finish my examination papers and hand them before time at the examination.

15. I forget the lessons immediately after the exams are over.

16. I cannot write examinations well when held without prior intimation.

17. I read only important lessons for the examinations.

18. My periods of study are interrupted by outside interference such as telephone calls, visitors and distracting noises.

19. I find it difficult to prepare lessons in time.

20. My enjoyment of loafing, idle talk etc., interferes with my study.

21. I spend too much time reading fictions, novels going to cinemas etc.

22. Too much social life and extra – curricular activity interferes which my academic success.
23. Dislike of certain subjects and teachers interferes with my class success.

24. Some of my domestic and personal problems keep on interfering with my studies.

25. In my classroom I always sit in the last benches.