



Measuring self-efficacy

Self-efficacy refers to an individual's beliefs that he or she is capable of enacting behaviours necessary to achieve desired goals (Overall et al 2011). Your PhD student's level of self-efficacy can play a major role in how they approach their goals, tasks, and challenges. The support a PhD student needs can vary a lot depending on whether they lack concrete competences or have low self-efficacy. Their self-efficacy can also vary between different work areas (e.g. lab work, writing, statistics, teaching, communicating with patients).

The questions below were developed by Robert H. Evans, Department of Science Education, UCPH. They are meant to support you to reflect on your PhD student's self-efficacy level and they can also be used to evaluate how a person's self-efficacy develops over time. It is not an absolute scale and therefore, it cannot be used to compare self-efficacy between different people.

How would your PhD students answer these questions?

Imagine one of your PhD students. How would they answer the questions below? Indicate the degree to which you believe they would agree with the statements by circling the appropriate number to the right.

- 1 = Strongly agree
- 3 = Somewhat agree
- 5 = Somewhat disagree
- 7 = Strongly disagree

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| 1. I am able to get help from my supervisor when I need it | 1 2 3 4 5 6 7 |
| 2. I have the academic background knowledge needed to work effectively during my PhD studies | 1 2 3 4 5 6 7 |
| 3. I am able to communicate with my supervisor about personal problems (stress, work-life balance, etc.) | 1 2 3 4 5 6 7 |
| 4. I have the practical skills needed to work effectively during my PhD studies | 1 2 3 4 5 6 7 |
| 5. I am able to tell my supervisor about it, when I experience difficulties in my scientific work (get stuck, do not expected results, etc.) | 1 2 3 4 5 6 7 |
| 6. I am able to write drafts for scientific papers | 1 2 3 4 5 6 7 |
| 7. I am able to organize my work effectively | 1 2 3 4 5 6 7 |
| 8. I have the writing skills needed to work effectively during my PhD studies | 1 2 3 4 5 6 7 |
| 9. I am able to communicate with my supervisor about cross-cultural issues | 1 2 3 4 5 6 7 |
| 10. I am able to get the supervision I need (from my supervisors or others) | 1 2 3 4 5 6 7 |
| 11. I am able to motivate myself to do my work effectively | 1 2 3 4 5 6 7 |
| 12. I normally succeed to stick to the deadlines I agree on with my supervisor | 1 2 3 4 5 6 7 |
| 13. I will be able to complete my PhD successfully | 1 2 3 4 5 6 7 |
| 14. I feel able to prepare supervision meetings in a way so I benefit from them | 1 2 3 4 5 6 7 |
| 15. I am able to contact relevant resource persons when I need help | 1 2 3 4 5 6 7 |