

THE WAY I FEEL ABOUT MYSELF

The Piers-Harris Children's Self-Concept Scale

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Name: _____ Today's Date: _____

Age: _____ Sex (circle one): Girl Boy Grade: _____

School: _____ Teacher's Name (optional): _____

Directions: Here are a set of statements that tell how some people feel about themselves. Read each statement and decide whether or not it describes the way you feel about yourself. If it is *true* or *mostly true* for you, circle the word "yes" next to the statement. If it is *false* or *mostly false* for you, circle the word "no." Answer every question, even if some are hard to decide. Do not circle both "yes" and "no" for the same statement.

Remember that there are no right or wrong answers. Only you can tell us how you feel about yourself, so we hope you will mark the way you really feel inside.

TOTAL SCORE: Raw Score _____ Percentile _____ Stanine _____

CLUSTERS: I _____ II _____ III _____ IV _____ V _____ VI _____

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1. My classmates make fun of meyes no
2. I am a happy personyes no
3. It is hard for me to make friendsyes no
4. I am often sadyes no
5. I am smartyes no
6. I am shyyes no
7. I get nervous when the teacher calls on meyes no
8. My looks bother meyes no
9. When I grow up, I will be an important personyes no
10. I get worried when we have tests in schoolyes no
11. I am unpopularyes no
12. I am well behaved in schoolyes no
13. It is usually my fault when something goes wrongyes no
14. I cause trouble to my familyyes no
15. I am strongyes no
16. I have good ideasyes no
17. I am an important member of my familyyes no
18. I usually want my own wayyes no
19. I am good at making things with my handsyes no
20. I give up easilyyes no

21. I am good in my school workyes no
22. I do many bad thingsyes no
23. I can draw wellyes no
24. I am good in musicyes no
25. I behave badly at homeyes no
26. I am slow in finishing my school workyes no
27. I am an important member of my classyes no
28. I am nervousyes no
29. I have pretty eyesyes no
30. I can give a good report in front of the classyes no
31. In school I am a dreameryes no
32. I pick on my brother(s) and sister(s)yes no
33. My friends like my ideasyes no
34. I often get into troubleyes no
35. I am obedient at homeyes no
36. I am luckyyes no
37. I worry a lotyes no
38. My parents expect too much of meyes no
39. I like being the way I amyes no
40. I feel left out of thingsyes no

41. I have nice hairyes no
42. I often volunteer in schoolyes no
43. I wish I were differentyes no
44. I sleep well at nightyes no
45. I hate schoolyes no
46. I am among the last to be chosen for gamesyes no
47. I am sick a lotyes no
48. I am often mean to other peopleyes no
49. My classmates in school think I have good ideasyes no
50. I am unhappyyes no
51. I have many friendsyes no
52. I am cheerfulyes no
53. I am dumb about most thingsyes no
54. I am good-lookingyes no
55. I have lots of pepyes no
56. I get into a lot of fightsyes no
57. I am popular with boysyes no
58. People pick on meyes no
59. My family is disappointed in meyes no
60. I have a pleasant faceyes no

61. When I try to make something, everything seems to go wrongyes
62. I am picked on at homeyes
63. I am a leader in games and sportsyes
64. I am clumsyyes
65. In games and sports, I watch instead of playyes
66. I forget what I learnyes
67. I am easy to get along withyes
68. I lose my temper easilyyes
69. I am popular with girlsyes
70. I am a good readeryes
71. I would rather work alone than with a groupyes
72. I like my brother (sister)yes
73. I have a good figureyes
74. I am often afraidyes
75. I am always dropping or breaking thingsyes
76. I can be trustedyes
77. I am different from other peopleyes
78. I think bad thoughtsyes
79. I cry easilyyes
80. I am a good personyes

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DELAYED TIMEOUT

Go to Page 2 or 3.

YES

When Timeout has been called does the child go to the timeout area in 15 secs

NO

If child runs away
1. Say "Delayed Timeout" if they can hear you.
2. Mark the behaviour chart for delayed timeout.

If the child has not moved say "DELAYED TIMEOUT" (see note 1)

When child returns say "YOU HAVE DELAYED TIMEOUT"

Turn and walk away say nothing more.

Remember to mark the behaviour chart

Do not pay attention to the child for 30 seconds.

After 30 seconds resume normal activities and interaction with the child remembering that they are on Delayed Timeout and have lost all privileges.

Note 1
Delayed Timeout includes:
1. Loss of all privileges eg. no TV, computer, games, toys, outside activities, contact with friends.
2. Bedtime 1/2 hour earlier than usual (for each delayed timeout)
(Children can only do homework, read, or play with simple toys such as lego blocks).

Suggestion
Take a coloured circle, using blue tack, stick it somewhere visible such as the wall above the TV to remind you that your child is on Delayed Timeout.

Put a marker somewhere to remind you that your child has earned Delayed Timeout and they will be going to bed early.

When it is 2 minutes to bedtime say "REMEMBER YOU ARE ON DELAYED TIMEOUT TONIGHT BEDTIME IN TWO MINUTES"

Example
If normal bedtime is at 8pm, on Delayed Timeout bedtime becomes 7.30pm. At 7.28pm, remind child that they are on Delayed Timeout and it's bedtime in 2 minutes. They must be in bed at this time.

When it is bedtime say: "BEDTIME NOW" and look at your watch for 30 seconds.

YES

Has child moved to bedroom after 30 seconds?

NO

Say "TIMEOUT".

YES

Has child gone to timeout area in 15 seconds.

NO

Go to Page 3.

Say "DELAYED TIMEOUT" and mark behaviour chart. See Note 2.

Wait for 5 seconds

Note 2
Only 1 hour of delayed timeout can be paid off in one night. If 1 1/2 hours of delayed timeout are earned 1/2 hour carries over to the next day so that there is a loss of privileges for that day and a 1/2 hour earlier bedtime.

If delayed timeout accumulates to more than 4 hours, negotiation may be entered into eg. a child may negotiate to do a certain chore or chores in order to "pay off" time earned.