

## Academic Resilience Scale (ARS-30)

Please read the paragraph in the box below and do your best to imagine that **you** are in the situation being described:

You have received your mark for a recent assignment and it is a 'fail'. The marks for two other recent assignments were also poorer than you would want as you are aiming to get as good a degree as you can because you have clear career goals in mind and don't want to disappoint your family. The feedback from the tutor for the assignment is quite critical, including reference to 'lack of understanding' and 'poor writing and expression', but it also includes ways that the work could be improved. Similar comments were made by the tutors who marked your other two assignments.

If **you** were in the situation described above how do you think **you** would react?

Read each of the statements below and **tick (✓) the box** between **1** (*strongly agree*) and **5** (*strongly disagree*) that best reflects how much you think each statement describes how **you personally** would react.

Please make sure that you give a response to **ALL** the statements and try to be as sincere and precise as possible in your answers.

		Strongly Agree	(✓)			Strongly Disagree
		1	2	3	4	5
1.	I would not accept the tutors' feedback	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	I would use the feedback to improve my work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	I would just give up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	I would use the situation to motivate myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	I would change my career plans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	I would probably get annoyed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	I would begin to think my chances of success at university were poor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	I would see the situation as a challenge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	I would do my best to stop thinking negative thoughts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	I would see the situation as temporary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11.	I would work harder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	I would probably get depressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	I would try to think of new solutions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	I would be very disappointed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15.	I would blame the tutor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Strongly Agree	(✓)			Strongly Disagree
	1	2	3	4	5
16. I would keep trying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I would not change my long-term goals and ambitions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I would use my past successes to help motivate myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I would begin to think my chances of getting the job I want were poor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I would start to monitor and evaluate my achievements and effort	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I would seek help from my tutors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I would give myself encouragement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I would stop myself from panicking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. I would try different ways to study	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. I would set my own goals for achievement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. I would seek encouragement from my family and friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. I would try to think more about my strengths and weaknesses to help me work better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. I would feel like everything was ruined and was going wrong	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. I would start to self-impose rewards and punishments depending on my performance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. I would look forward to showing that I can improve my grades	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Scoring Key

*Step One.* The following items are reverse-scored, so a score of 5 becomes 1, 2 becomes 4, and so on: 2, 4, 8, 9, 10, 11, 13, 16, 17, 18, 20, 21, 22, 23, 24, 25, 26, 27, 29, 30.

*Step Two.* A total score is achieved by summing scores for all 30 items (this must be carried out after completing reverse-scoring described in step one).

*Step Three.* Factor (dimension/subscale) scores are achieved by summing item scores as follows (this must be carried out after reverse-scoring described in step one has been completed):

- Factor 1 (*Perseverance*): 1, 2, 3, 4, 5, 8, 9, 10, 11, 13, 15, 16, 17, 30.
- Factor 2 (*Reflecting and adaptive help-seeking*): 18, 20, 21, 22, 24, 25, 26, 27, 29.
- Factor 3 (*Negative affect and emotional response*): 6, 7, 12, 14, 19, 23, 28.