



PEP

Performance Evaluations Profile

I About the PEP Questionnaire

PEP consists of three distinct measurements. These measurements are designed to help you enhance your performance as a student.

II Information Section (Please Complete)

Student Name: _____

Address: _____

City/State/Zip: _____

Home Phone: (____) _____ E-Mail Address: _____

Year of Graduation: _____ Birthday: _____ Sex: _____

Ethnic Background (optional):

- | | | |
|---------------------------------------|---|---|
| <input type="radio"/> White/Caucasian | <input type="radio"/> Black/African-American | <input type="radio"/> Latino/Mexican/Hispanic |
| <input type="radio"/> Indo-Chinese | <input type="radio"/> Native American/American Indian | <input type="radio"/> Japanese, Korean |
| <input type="radio"/> Southeast Asian | <input type="radio"/> Pacific Islander | <input type="radio"/> Other |

Shipping Address (if different from above): _____

City/State/Zip: _____

III Order of Questionnaires To Be Completed

- Learning Style Preference Inventory – 40 questions.
- POMS/Profile of Mood States – 65 questions.
- Classroom Attention Skills Inventory – 12 questions.

There are no "right" or "wrong" answers, so please respond to each statement in a straightforward manner. Do not over analyze each question.

IV Directions (Please Read Carefully)

The Performance Evaluation Profile is written at the high school reading level. If the individual completing this profile does not understand the meaning of a particular word or question, he/she may request clarification from a parent, teacher, or administrator. Please follow the directions at the top of each section, and be sure to answer every question.

Faith Christian Ministries

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www.faithchristianmin.org

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Learning Style Preference Inventory

INSTRUCTIONS:

Please respond to the following questions using the rating scale below. There are no "right" or "wrong" answers, nor are there any trick questions. We value your opinions, honesty and direct responses to this survey. Remember, this is not a test. Work quickly and do not over analyze any questions. Your first response is usually the most accurate and honest. Please answer the questions using the following scale:

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

1. My self-confidence goes up and down a lot. ① ② ③ ④ ⑤	21. I enjoy learning by having things explained to me. ① ② ③ ④ ⑤
2. Honesty is the best policy. ① ② ③ ④ ⑤	22. When I read silently, I say every word to myself. ① ② ③ ④ ⑤
3. I like to "trash talk" to intimidate others. ① ② ③ ④ ⑤	23. The truth sometimes hurts my feelings. ① ② ③ ④ ⑤
4. I am a good speller. ① ② ③ ④ ⑤	24. I am a good listener. ① ② ③ ④ ⑤
5. I feel positive or negative toward others sometimes without knowing why. ① ② ③ ④ ⑤	25. I like to listen to music. ① ② ③ ④ ⑤
6. I think it would be a great idea for me to make a list of things I need to accomplish each day. ① ② ③ ④ ⑤	26. I enjoy reading, and I have the ability to read quickly. ① ② ③ ④ ⑤
7. I prefer following written instructions rather than verbal instructions. ① ② ③ ④ ⑤	27. I like a room that "feels" comfortable. ① ② ③ ④ ⑤
8. I am a good student. ① ② ③ ④ ⑤	28. The good thing about trouble is that you can learn from it. ① ② ③ ④ ⑤
9. I will do what it takes to be the best I can be. ① ② ③ ④ ⑤	29. It is important I look my best at all times. ① ② ③ ④ ⑤
10. I learn best by pictures, diagrams, and charts. ① ② ③ ④ ⑤	30. I enjoy speakers more if they use visual aids. ① ② ③ ④ ⑤
11. Others tell me I have a nice sounding voice. ① ② ③ ④ ⑤	31. I often hum or sing along with the radio. ① ② ③ ④ ⑤
12. I enjoy "high fives," handshakes, and hugs. ① ② ③ ④ ⑤	32. I learn best by taking a lot of notes and making lists of things I need to remember. ① ② ③ ④ ⑤
13. I tend to answer test questions using my "gut feelings." ① ② ③ ④ ⑤	33. I prefer listening to current events on the radio rather than reading about them in the newspaper. ① ② ③ ④ ⑤
14. When asked to spell a word, I am able to visualize the word in my mind. ① ② ③ ④ ⑤	34. While studying, I like to chew gum, snack, and/or wear comfortable clothing. ① ② ③ ④ ⑤
15. I remember something best by saying it aloud. ① ② ③ ④ ⑤	35. I think about cutting class. ① ② ③ ④ ⑤
16. I like to participate in activities rather than watch. ① ② ③ ④ ⑤	36. I control my temper. ① ② ③ ④ ⑤
17. I like to make or do things with my hands. ① ② ③ ④ ⑤	37. I prefer to listen to the radio rather than watch television. ① ② ③ ④ ⑤
18. It is important my room is always clean and tidy. ① ② ③ ④ ⑤	38. I prefer to learn by and hands-on method, such as role-playing or games. ① ② ③ ④ ⑤
19. I would rather have an idea explained to me rather than read it. ① ② ③ ④ ⑤	39. I like to do things for others because of the way it makes me feel afterwards. ① ② ③ ④ ⑤
20. When I am sitting in class or talking on the phone, I find myself sketching or doodling. ① ② ③ ④ ⑤	40. I have the desire to work long and hard to achieve all the goals I have set for myself. ① ② ③ ④ ⑤

POM - Profile of Mood States

INSTRUCTIONS:

Below is a list of words that describe feelings people have. Please read each one carefully.

Then fill in **ONE** circle under the answer to the right which best describes -

HOW YOU HAVE BEEN FEELING DURING THE PAST WEEK INCLUDING TODAY?

<p>The numbers refer to these phrases:</p> <p>1 = Not at all 2 = A little 3 = Moderately 4 = Quite a bit 5 = Extremely</p>	<p style="text-align: center;">Not At All A Little Moderately Quite A Bit Extremely</p>	<p style="text-align: center;">Not At All A Little Moderately Quite A Bit Extremely</p>
	21. Hopeless ① ② ③ ④ ⑤	45. Desperate ① ② ③ ④ ⑤
	22. Relaxed ① ② ③ ④ ⑤	46. Sluggish ① ② ③ ④ ⑤
	23. Unworthy ① ② ③ ④ ⑤	47. Rebellious ① ② ③ ④ ⑤
	24. Spiteful ① ② ③ ④ ⑤	48. Helpless ① ② ③ ④ ⑤
1. Friendly ① ② ③ ④ ⑤	25. Sympathetic ① ② ③ ④ ⑤	49. Weary ① ② ③ ④ ⑤
2. Tense ① ② ③ ④ ⑤	26. Uneasy ① ② ③ ④ ⑤	50. Bewildered ① ② ③ ④ ⑤
3. Angry ① ② ③ ④ ⑤	27. Restless ① ② ③ ④ ⑤	51. Alert ① ② ③ ④ ⑤
4. Worn Out ① ② ③ ④ ⑤	28. Unable to concentrate . ① ② ③ ④ ⑤	52. Deceived ① ② ③ ④ ⑤
5. Unhappy ① ② ③ ④ ⑤	29. Fatigued ① ② ③ ④ ⑤	53. Furious ① ② ③ ④ ⑤
6. Clear-headed ① ② ③ ④ ⑤	30. Helpful ① ② ③ ④ ⑤	54. Efficient ① ② ③ ④ ⑤
7. Lively ① ② ③ ④ ⑤	31. Annoyed ① ② ③ ④ ⑤	55. Trusting ① ② ③ ④ ⑤
8. Confused ① ② ③ ④ ⑤	32. Discouraged ① ② ③ ④ ⑤	56. Full of pep ① ② ③ ④ ⑤
9. Sorry for things done ... ① ② ③ ④ ⑤	33. Resentful ① ② ③ ④ ⑤	57. Bad-tempered ① ② ③ ④ ⑤
10. Shaky ① ② ③ ④ ⑤	34. Nervous ① ② ③ ④ ⑤	58. Worthless ① ② ③ ④ ⑤
11. Listless ① ② ③ ④ ⑤	35. Lonely ① ② ③ ④ ⑤	59. Forgetful ① ② ③ ④ ⑤
12. Peeved ① ② ③ ④ ⑤	36. Miserable ① ② ③ ④ ⑤	60. Carefree ① ② ③ ④ ⑤
13. Considerate ① ② ③ ④ ⑤	37. Muddled ① ② ③ ④ ⑤	61. Terrified ① ② ③ ④ ⑤
14. Sad ① ② ③ ④ ⑤	38. Cheerful ① ② ③ ④ ⑤	62. Guilty ① ② ③ ④ ⑤
15. Active ① ② ③ ④ ⑤	39. Bitter ① ② ③ ④ ⑤	63. Vigorous ① ② ③ ④ ⑤
16. On edge ① ② ③ ④ ⑤	40. Exhausted ① ② ③ ④ ⑤	64. Uncertain about things ① ② ③ ④ ⑤
17. Grouchy ① ② ③ ④ ⑤	41. Anxious ① ② ③ ④ ⑤	65. Bushed ① ② ③ ④ ⑤
18. Blue ① ② ③ ④ ⑤	42. Ready to fight ① ② ③ ④ ⑤	<p>Make Sure You Have Answered Every Item!</p>
19. Energetic ① ② ③ ④ ⑤	43. Good natured ① ② ③ ④ ⑤	
20. Panicky ① ② ③ ④ ⑤	44. Gloomy ① ② ③ ④ ⑤	

Classroom Attentional Skills Inventory*

Rating Scale

1 = Never

2 = Rarely

3 = Sometimes

4 = Frequently

5 = All the Time

I EXTERNAL FACTORS

- _____ 1. I am good at quickly analyzing a complex situation such as playing a difficult game in a noisy room or walking through a crowded hallway at school.
- _____ 2. In a classroom filled with people or playing a game in gym class, I am aware of what everyone is doing.
- _____ 3. When the teacher is speaking, I find myself distracted by the sounds and sights around me.
- _____ 4. I get distracted trying to watch activities such as a basketball game or movies where many things are happening at once.

II INTERNAL FACTORS

- _____ 5. When the teacher talks to me, I find myself distracted by my own thoughts and ideas.
- _____ 6. I have so many things on my mind that I can become confused and forgetful.
- _____ 7. All I need is a little information and I can come up with a large number of ideas for a school project.
- _____ 8. It is easy for me to bring together ideas from a number of different sources when writing a paper.

III NARROWING OF ATTENTION

- _____ 9. It is easy for me to keep thoughts from interfering with something I am watching or listening to.
- _____ 10. When studying, it is easy for me to keep sights and sounds from interfering with my concentration.
- _____ 11. I have difficulty clearing my mind of a single thought or idea.
- _____ 12. In games, I make mistakes because I am watching what one person does and I forget about others.

*Developed by Dr. Robert M. Nideffer

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