



## ACT! SG TOOL

Last 4 characters of your NRIC number: \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

Gender:  M  F

(If your NRIC is T1234567A, the last 4 characters will be 567A)

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
day month year

Today's Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
day month year

Name of Programme you are in: \_\_\_\_\_

Name of Agency conducting the Programme: \_\_\_\_\_

Setting:  Start of Programme  End of Programme

Length of Programme: \_\_\_\_\_ months

There are no right or wrong answers. Please answer all questions. Read each statement carefully and decide how well it describes you using the following scale. Circle the number that best describes you.

1	2	3	4	5
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree

1.	I have achieved better grades than I expected in school.	1	2	3	4	5
2.	My overall grades are good.	1	2	3	4	5
3.	My school attendance is good.	1	2	3	4	5
4.	I am able to break down a problem into smaller parts to work through them.	1	2	3	4	5
5.	I am able to tell if the information I receive is reliable or not.	1	2	3	4	5
6.	I make decisions based on facts.	1	2	3	4	5
7.	I am able to find creative ways to solve problems.	1	2	3	4	5
8.	I try to learn things in a creative way.	1	2	3	4	5
9.	What I learn now will be useful for me later on in life.	1	2	3	4	5

1	2	3	4	5
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree

10.	I know what my goals are.	1	2	3	4	5
11.	The short-term goals I set for myself are realistic.	1	2	3	4	5
12.	I have a plan to reach my long-term goals (within the next 5 - 10 years). Please give an example of your long-term goal: _____ _____	1	2	3	4	5
13.	I feel supported by other adults in my life. Please give an example of the other adult in your life: _____ _____	1	2	3	4	5
14.	I am able to talk things through with my friends or family to solve problems.	1	2	3	4	5
15.	I care about how my actions affect other people.	1	2	3	4	5
16.	I like to work with others to solve problems.	1	2	3	4	5
17.	I am able to share my work with others (e.g. project work).	1	2	3	4	5
18.	I like to work in a team.	1	2	3	4	5
19.	I can be counted on to lead my friends when needed.	1	2	3	4	5
20.	I try to set a good example to my friends.	1	2	3	4	5
21.	I am able to organise others to do something	1	2	3	4	5
22.	I like spending time with others in my community*.	1	2	3	4	5
23.	I do things that can make a difference in people's lives in the community*.	1	2	3	4	5
24.	I think it is important for me to be a good role model for others in the community*.	1	2	3	4	5
25.	I am aware of the traditions that other races practise.	1	2	3	4	5
26.	I respect the different racial practices.	1	2	3	4	5

1	2	3	4	5
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree

27.	I enjoy being involved in my racial traditions.	1	2	3	4	5
28.	I think I have a healthy weight.	1	2	3	4	5
29.	I take part in physical activities for a total of at least 7 hours a week, every week.	1	2	3	4	5
30.	I am able to prepare food for myself with no help from others.	1	2	3	4	5
31.	I believe I can achieve my life goals.	1	2	3	4	5
32.	I have a clear life goal.	1	2	3	4	5
33.	It is important for me to do my best in what I set out to do.	1	2	3	4	5
34.	I am able to manage in difficult situations.	1	2	3	4	5
35.	I can conduct myself well in front of others.	1	2	3	4	5
36.	I can cope with the changes in my life.	1	2	3	4	5
37.	I avoid taking part in activities that may get me into trouble.	1	2	3	4	5
38.	I am against bullying.	1	2	3	4	5
39.	I do not engage in harmful behaviours (e.g. smoking, self-harm, using drugs and/or being violent).	1	2	3	4	5

*\*The term "community" in Question 22 to 24 includes your neighbourhood, clubs, schools, associations, societies and locations where you volunteer at.*

**PLEASE MAKE SURE YOU HAVE ANSWERED ALL ITEMS.**  
**THANK YOU FOR TAKING TIME TO COMPLETE THIS QUESTIONNAIRE! 😊**