

### Type A Personality

Directions: Answer the following questions by marking the response that best describes you personally.

1. Is your everyday life filled mostly by...
  - Problems needing solutions
  - Challenges needing to be met.
  - A rather predictable routine of events.
  - Not enough things to keep you interested or busy.
2. When you are under pressure or stress, do you usually...
  - Do something about it.
  - Plan carefully before taking any action.
  - Ignore the problem and hope it will go away.
  - Ask someone else to deal with your problems.
3. Ordinarily, how rapidly do you eat?
  - I'm usually the first one finished.
  - I eat a little faster than average.
  - I eat about the same speed as most people.
  - I eat more slowly than most people.
4. When you listen to someone talking and they take too long to come to the point, how often do you feel like hurrying them along?
  - Always
  - Frequently
  - Occasionally
  - Almost Never
5. Do most people consider you to be . . .
  - Definitely hard driving and competitive.
  - Probably hard driving and competitive.
  - Probably more relaxed and easy going.
  - Definitely more relaxed and easy going.
6. Would people who know you well agree that you have less energy than most people?
  - Definitely yes.
  - Probably yes.
  - Probably no.
  - Definitely no.
7. Do you ever set deadlines or quotas for yourself in courses or other things?
  - No, never.
  - Yes, but only occasionally.
  - Yes, at least once per week.
  - Yes, all the time.
8. Do you maintain a regular study schedule during vacations such as Thanksgiving, Winter Break, and Spring Break?
  - Yes, all the time.
  - Yes, most of the time.
  - Yes, but only sometimes.
  - No.
9. When you're in a group, do the other people tend to look to you to provide leadership?
  - Rarely.
  - About as often as they look to others.
  - More often than they look to others.
  - I don't get involved in groups.
10. Compared with the average student in school, I am . . .
  - Much more responsible.
  - A little more responsible.
  - A little less responsible.
  - Much less responsible.

Score "4" for the top box in each group, "3" for the second, "2" for the third and "1" for the bottom. There are no reverse scored items. Range is 10 to 40, with higher numbers indicating more personality traits compatible with Type A.