

Teacher self-regulation scale (TSRS- Yesim et al., 2009)

Directions: this questionnaire is designed to help us gain a better understanding of the kinds of things that create difficulties for teachers in their teaching activities. Please indicate your opinion about each of the statements below. Your answers are confidential. (1=strongly disagree. 2=disagree. 3= somewhat disagree. 4= somewhat agree. 5= agree. 6= strongly agree.)	1	2	3	4	5	6
1. I prepare classes aligned with curriculum.						
2. While preparing classes, I identify goals to be achieved by students.						
3. I direct myself to use time effectively.						
4. I appreciate myself when everything goes according to the plan.						
5. Realizing that I am successful encourages me to study more.						
6. I stay calm when faced with a problem.						
7. While preparing classes, I decide on the instructional strategy appropriate for the topic.						
8. When a problem occurs in class, I first try to calm down.						
9. If the strategies I used do not work, I utilize alternative strategies.						
10. I get upset when I am negatively evaluated in my profession.						
11. While preparing classes, I take student characteristics (e.g. Prior knowledge, developmental level) into consideration.						
12. I learn from the mistakes I made in class.						
13. When I feel bad in a situation, I try to think positive.						
14. I ask for help from my colleagues when I encounter problems that I cannot solve.						
15. I pay attention to students' facial expressions during instruction.						
16. At the end of instruction, I try to determine whether I have met my goals or not.						
17. While preparing classes, I get help from my colleagues when needed.						
18. Realizing that I am not successful worries me.						
19. Before instruction, I decide on how to assess my students.						
20. During instruction, I adapt my instructional strategies based on students' needs.						
21. I discuss my positive and negative experiences with my colleagues after instruction.						
22. While preparing classes, I take available resources into consideration.						
23. I use student feedback to improve my instruction.						
24. While I am preparing classes, I take students' needs into account.						
25. When I encounter a problem, I take a deep breath.						
26. While evaluating myself at the end of instruction, I compare my performance against previous years.						
27. I do not panic when a problem occurs during instruction.						
Why is it important to be a successful teacher?						
28. to get promotion						
29. to improve student learning						
30. to satisfy myself professionally						
31. to get appreciation from parents						
32. to be loved by my students						
33. to strengthen my authority						
34. to develop myself						
35. to please school principals						
36. to better prepare my students for life						
37. I like teaching profession.						
38. It makes me happy to see my students learn.						
39. I am proud of working as a teacher.						
40. I have been interested in teaching profession since my childhood.						
41. I attend classes enthusiastically.						