



Upper Level High School Student Self-Assessment:

Different Influences on Your Life According to Bronfrenbrenner

Complete the following self-assessment to better understand how different aspects of the world have influenced your overall personality and life. Answer each question as truthful as possible according to the following scale:

1= *Never*: This factor had/has no influence on my life

2= *Rarely*: This factor had/has a small amount of influence on my life

3= *Occasionally*: This factor had/has a noticeable impact on my life

4= *Regularly*: This factor had/has a large impact on my life

*Be aware that these impacts can be either negative or positive

Microsystem

Factors	1 Never	2 Rarely	3 Occasionally	4 Regularly
1. My family shares a meal together 3 or more times a week.				
2. I talk to my teachers outside of the classroom.				
3. I am involved in extra curricular activities.				
4. I spend time getting to know my neighbors.				
5. My parents influence my decisions.				
6. What my friends say and think is important to me.				
7. I have an impact on people that surround me.				
8. I follow and believe in a higher spiritual being.				
9. I feel comfortable and safe in my home.				
Total				





Exosystem

Factors	1 Never	2 Rarely	3 Occasionally	4 Regularly
1. One or both of my parents work.				
2. My decisions are made for me.				
3. I make friends with people who my family approves.				
4. My parent's job(s) have made me move schools or homes.				
5. I do not have a say in what happens in my life.				
6. I follow my family and adjust my personal life to fit their world.				
7. My life is changed by the decisions of people around me.				
Total				

Macrosystem

Factors	1 Never	2 Rarely	3 Occasionally	4 Regularly
1. My religious beliefs are similar to my community's.				
2. I pay attention to the political news in the world.				
3. I believe in and follow the laws of the government.				
4. I feel comfortable having my own opinions.				
5. I am aware of my country's history.				
6. My life is influenced by the world economics.				
7. I am surrounded by people similar to me in race and ethnicity.				
8. My values are similar to my community's.				
Total				





Add up the total within each category and see which systems influence your life the most. Your personality and behaviors depend on the System, which had the most influence on your life.

Microsystem Total: _____

Exosystem Total: _____

Macrosystem Total: _____

The Microsystem: Includes your direct environment. This means it shows the influence people such as your family, teachers, peers, and teammates have had on your life. As well as how your school, home, and work have impacted your life.

The Exosystem: This includes part of your life that you have no say in, meaning things that affect you, but not because of your own actions. An example would be moving due to a parent's promotion at work.

The Macrosystem: This refers to the culture you live in. This system involves the whole outer world such as, politics, values, economy, and laws and how those change and play a role in your life.

*Each system is related to one another and items within each influence you in your own special way because everyone's lives are different.





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