

High Expectations for Academic Performance (HEAP)

3 subscales: Ability beliefs, Predictions, and Demands

1 (*Strongly Disagree*) to 7 (*Strongly Agree*)

1. My parents demand that I earn A's. (*Demand*)
2. My parents would predict that I will be earning A's. (*Predict*)
3. My parents think I can earn A's. (*Ability*)
4. According to my parents, I must earn A's. (*Demand*)
5. If they took a guess, my parents would say that I am going to earn As. (*Predict*)
6. My parents think I have what it takes to earn A's. (*Ability*)
7. According to my parents, I am obligated to earn A's. (*Demand*)
8. My parents would estimate that I am going to earn A's. (*Predict*)
9. My parents think I have the ability to earn A's. (*Ability*)

Scoring: To create indices of Ability Beliefs, Predictions, and Demands, take the average of each subscales 3 respective items (shown in italics).

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**High Expectations for Academic Performance:
Student self-version (HEAP-s)**
3 subscales: Ability beliefs, Predictions, and Demands

1 (*Strongly Disagree*) to 7 (*Strongly Agree*)

1. I demand it of myself that I earn A's. (*Demand*)
2. I would predict that I will be earning A's. (*Predict*)
3. I think I can earn A's. (*Ability*)
4. According to my own standards, I must earn A's. (*Demand*)
5. If they took a guess, I would say that I am going to earn As. (*Predict*)
6. I think I have what it takes to earn A's. (*Ability*)
7. According to my own standards, I am obligated to earn A's. (*Demand*)
8. I would estimate that I am going to earn A's. (*Predict*)
9. I think I have the ability to earn A's. (*Ability*)

To create indices of Ability Beliefs, Predictions, and Demands, take the average of each subscales 3 respective items (shown in italics).