

# **Psychological Preparedness of Grade 11 Students towards Success in Senior High School**

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## **Abstract**

To be at par with other countries' educational system, the K to 12 launched in 2012 was fully implemented nationwide in 2016. Doubtful concerning the Senior High psychological preparedness, researchers surveyed 121 Grade 11 students aged 15-20 from two private and one public schools in Quezon City where 80 (66%) are females and 41(34%) are males representing STEM (26%), ABM (25%), TVL (23%), HUMSS (15%), SMAW (6. %), BP (3%) and GA (2%) tracks. Four dimensions: adaptability, self-efficacy, motivation, and goal-orientation were examined using 20-item four-point Likert scale at Cronbach's alpha 0.82. Findings revealed that students possess moderate level of motivation (mean 3.37 and *SD* of 0.69), adaptability (mean 3.36 and *SD* 0.63), goal orientation (mean 3.22 and *SD* 0.63) and self-efficacy (mean 3.00 and *SD*0.71) with overall mean 3.26 and *SD* 0.67. Similar results were obtained when respondents were disaggregated by track, gender and school type however, those under TVL, male and enrolled in public were found to have the lowest self-efficacy relative to their counterpart. To raise the level of self-efficacy, responsiveness to the students' needs were recommended. Further studies should see whether significant differences between groupings under track, gender, and type exist.

**Keywords:** *K-12, Philippines education, psychological traits*