

Reviewing your Skill as a Learner

1 = Strongly disagree; 2 = Disagree; 3 = Agree; 4 = Strongly agree

Mark the option that is closest to your current experience.	1	2	3	4
About people I meet...				
1. When speaking with people, the conversation is two-way and I ask questions.				
2. When speaking with people, I listen to them and remember what they say and how they felt.				
3. I often write things down and keep organised notes.				
About myself...				
4. I am confident to find and take opportunities.				
5. I enjoy change and trying something different.				
6. I know my strengths and my limitations				
About relationships				
7. I have friends and family I can talk freely about life with				
8. I am often 'out and about' with friends or family.				
9. I have supportive friends and family				

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About keeping in touch...				
10. I read a newspaper regularly.				
11. I only watch television programmes I want to watch.				
12. I listen to the radio.				
13. I keep up to date with new technology.				
14. I keep up to date with current news and trends.				
About research and finding out...				
15. I read a variety of things including non-fiction for interest and reference.				
16. I use the internet to find information.				
17. I like finding out about new things.				
About health and energy				
18. I eat and drink healthily.				
19. I keep fit and take regular exercise.				
20. I rest and sleep well – getting 7-8 hours per night on average.				
About your lifestyle...				
21. I have hobbies or interests that stimulate my mind.				
22. My life has variety over routine.				
23. My life is fairly busy and active - but not hectic.				

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About your learning skills				
24. I am used to preparing and planning for future events – to make them a success.				
25. I take time out to think about what is good and not so good in my life/work.				
26. I can readily summarise information eg a speech, a book, a magazine article				
27. I can readily formulate opinions on subjects.				
28. I ask for feedback on how I am doing or how things went.				
29. I am aware of the learning process.				
30. I can readily recall something I have learnt recently.				

Now add up your score.

30 - 60 Your skills as a Learner need all-round attention. Rethink the headings above and consider taking action to improve.

61 – 90 You are a pretty good learner but certain skill areas need further development. Have a look at the headings and consider where these are.

91 – 120 You are a good all round learner. Well done. But do not become complacent. Continue to prepare, use opportunities well and be a good example to others.