

The learn to learn competency self-assessment questionnaire

This questionnaire is about your learning to learn competency.

Learning is the acquisition of knowledge or skills through study, experience, or being taught. It can be learning in the school, college or any other institution, learning something by yourself or with your friends, learning something by doing, learning something in your work place, preparing yourself for an exam or simply doing homework or any other learning experience.

Learning to learn is the competency which helps you to learn. We will discuss this competency when you will fill in the questionnaire.

Also, after filling in the questionnaire, you will be given individual advice how to be better learner.

Please tick the box at the evaluation of the statement which mostly corresponds with your behaviour when you learn something.

Description of the behaviour	Untrue of me	Somewhat untrue of me	Neutral	Somewhat true on me	True on me
1. When I am struggling with learning something I think that I'm not clever enough.	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
2. I often rethink my learning, what helps and what hampers it.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
3. When I start learning something I set myself learning objectives.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
4. When I need new information I know how to find reliable sources.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
5. I think that learning together with somebody is more effective than learning alone.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
6. I understand why I am learning something (what are my goals in life).	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
7. When I have problems with learning I try to understand the reasons why.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
8. I never have time for learning.	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
9. When I do not understand something, I just skip it.	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
10. I can express my opinion to my learning group.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
11. When I have difficulties to start learning something I try to refer to what I want to achieve.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

12. I know how to study in the most effective way ¹	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
13. When I just start learning different interruptions (phone calls, e-mails, colleagues, family members, time for coffee, etc.) occur.	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
14. I spend a lot of time finding information I already have somewhere.	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
15. When I see that somebody has learning problems I offer my help.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
16. When I learn something, I try to imagine how I can apply this in real life situations.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
17. When I have learning problems, I try to find different ways of learning.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
18. I make myself a timetable for organizing my day and learning periods.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
19. I always speak with my friends and family members about what I have learned.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
20. When I have learning problems I ask for help from my colleague learners.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
21. When I reach my learning goals/objectives, I reward myself.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
22. I know how to amend my way of learning based on previous learning experiences.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
23. Regarding learning I never say "I'll get to it later".	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
24. Out of the information obtained from different sources, I know how to select the most important.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
25. I always find somebody with whom I can learn with.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

¹ Learning in effective way means learning using adequate learning style VARK (Visual, Auditory, Read/Write and Kinesthetic)

Visual learners have a preference for seeing (visual aids that represent ideas using methods other than words, such as graphs, charts, diagrams, symbols, etc.).

Auditory learners best learn through listening (lectures, discussions, tapes, etc.).

Read/write learners best learn through reading texts and making notes.

Tactile/kinesthetic learners prefer to learn via experience—moving, touching, and doing (active exploration of the world, science projects, experiments, etc.).

The results

This questionnaire is based on evaluating your behaviour which reflects your learn to learn competency. Statements are grouped into five categories (sub-competences):

- Motivation and self-esteem
- Learning reflection
- Time management
- Organizing information
- Group learning

Transfer your scores to the table. Count the sum and average in each category

Motivation and self-esteem		Learning reflection		Time management		Organizing information		Group learning	
1		2		3		4		5	
6		7		8		9		10	
11		12		13		14		15	
16		17		18		19		20	
21		22		23		24		25	
Sum1		Sum2		Sum3		Sum4		Sum5	
Average (Sum/5)		Average (Sum/5)		Average (Sum/5)		Average (Sum/5)		Average (Sum/5)	

General evaluation of Learn to Learn Competency: Sum1+ Sum2+ Sum3+ Sum4+ Sum5/25 _____

Levels of learning abilities

Low		Moderate low			Moderate high			High			
1	1,5	2	2,1	2,5	3	3,1	3,5	4	4,1	4,5	5

So now, look at the answers, the level you indicated. Look at all your strong points, that is to say, those items you valued with 4 or 5. Then, and most important of all, look at all those questions to which the value ranges from 1 to 3. It is on these points that you need to focus your work. It is important for you to be aware of these “weak points” because they show you the precise area of intervention from where to start your progression.

First of all, analyse in which of the four sections listed above you evaluate yourself as having the lowest scores. That section possibly constitutes one of the obstacles, or difficulties, to the maximisation of your learning potential, and so, from here journey to enhance your skills begins. You can make your own decisions what and how to change or you can ask for help and support from your tutor/teacher.

Then, in a similar way you can work on the other areas in which you feel uncertain.

You can repeat this test after some months and see how you are progressing.