

		Rarely Describes Me	Sometimes Describes Me	Frequently Describes Me	Almost Always Describes Me	
1	I enjoy learning.					
2	I consider learning to be one of my strengths.					
3	I am knowledgeable about effective learning strategies.					
4	I can list characteristics that are needed for effective learning.					
5	I implement effective learning strategies.					
6	When learning a new skill, I begin by writing learning objectives.					
7	When learning a new skill, I create a detailed plan.					
8	I am knowledgeable about curating reliable resources when learning a new skill.					
9	I actively use reliable resources when learning a new skill.					
10	When learning a new skill, I organize my resources in a format that is easy to access.					
					Total Score	