

b) How's your learning fitness?

How much do the statements below relate to you, as you go about learning? For each statement, score 1 if it applies to you rarely or never; 2 if you feel or behave like that sometimes; 3 if it is often true of you; and 4 if it pretty well always applies. Try to think about yourself as a learner generally, and not focus on any one kind of learning in particular. And please try not to imagine what you ought to say! Just try to be as honest as you can.

	1	2	3	4	
1. I stick at things even when they are hard	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
2. My head is full of questions	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
3. I find it easy to put myself in other people's shoes	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
4. I plan my learning carefully	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
5. I change tack when I'm learning if needs be	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
6. I learn well as part of a team	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
7. I can block out distractions when I'm learning	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
8. I try to link new things to what I already know	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
9. I think carefully and methodically	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
10. I think about how I'm learning	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
11. I can stick to what I believe in group discussions	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
12. I get completely engrossed when I'm learning	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
13. I like just watching things and seeing how they work	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
14. I think of myself as getting better at learning	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
15. I learn a lot by watching other people	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
16. I use my imagination to explore possibilities	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
My A score (1,7,12,13) is	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Emotional engagement
My B score (2,8,9,16,) is	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Cognitive range
My C score (4,5,10,14) is	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Strategic responsibility
My D score is (3,6,11,15) is	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Interpersonal involvement
	<input type="text"/>				Total score

What your scores might mean

You will have a score between 4 and 16 for each of the four dispositions.

For each disposition, if your score is in the 12-16 range, you are **strong** in that disposition; if it is 8-11 you are **variable** in that disposition; and if it is 4-7, you might like to think how you can **improve**.