

## Self assessment tool

Ticks the statements that describe you most accurately.

### 1. If you failed at a task would you believe that

- a. You haven't got natural ability but you could improve with practice?
- b. You don't have sufficient natural ability and give up?
- c. You could seek help from knowledgeable others?
- d. In the future you should work within areas of known competence?

### 2. When experiencing anxiety in a new or difficult situation do you tend to

- a. Accept it as inevitable in unfamiliar situations?
- b. Try to avoid these kinds of situations?
- c. Believe that the anxiety will diminish as competence increases?
- d. Force yourself to carry out the task but feel threatened?

### 3. When faced with learning opportunities do you believe that

- a. You can always learn from your mistakes?
- b. Your performance is an indication of your worth?
- c. Reaching a high standard is not as important as learning something new?
- d. If you don't reach a high standard it means that you are not competent and worthwhile as a person?

### 4. What is important to me is

- a. Striving for new competencies and experiences.
- b. Demonstrating high standards in all I do so that I am viewed as competent.
- c. Being someone who always responds to challenges.
- d. Being considered highly competent by others.

## Scoring

1. Add up how many of each letter you ticked.

| A | B | C | D |
|---|---|---|---|
|   |   |   |   |

2. Add your scores for A and C together

3. Add your scores for B and D together

If your highest total was for scores A and C then that suggests you are likely to have a preference for engaging with challenges and are energised by situations which offer learning opportunities.

If your highest total was for scores B and D then you are probably not making use of your potential preferring to stay safe by restricting yourself to familiar territory where the outcomes are more predictable.

Whatever your score was it is possible to develop your abilities, competencies etc, by identifying and managing your beliefs about self (self theory). The Becoming an Explorer programme increases your awareness of how your self theories influence your ability to learn and change.