|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |
| I do not like learning. I copy other people. I avoid learning. I do not like challenges. |  |  |  |  |  |  |  |  |  |  | I know that I can change/grow. Learning is good and I enjoy new learning challenges. |
| Learning does not matter to me. I do not enjoy thinking. I learn from what people tell me. |  |  |  |  |  |  |  |  |  |  | Learning matters to me. I enjoy making sense of things. And use many different sources of information. |
| I prefer to learn from what people tell me. I don’t like doing things, or solving problems. I don’t like searching for information. |  |  |  |  |  |  |  |  |  |  | I enjoy questioning, finding out and self-directed work. I enjoy a challenge. I learn by working things out, problem solving, and seeking out information. |
| I only like learning when I know I can do it. I hate failing. I do not like to try things out.  |  |  |  |  |  |  |  |  |  |  | I enjoy taking risks in my learning and using imagination. I am willing to let go of control and experiment.I accept failure as an important part of learning. I am comfortable with uncertainty. |
| I get bored or frustrated easily. I don’t like long and difficult tasks. I can be put off by bad feelings. I give up easily. |  |  |  |  |  |  |  |  |  |  | I can persevere when learning. I enjoy wrestling with problems. I am good at accepting the negative emotions that are sometimes related to learning (fear, anxiety and frustration). I am persistent. |
| I don’t know how I feel about learning or how I learn. I don’t think about what I have learned. It’s school’s job to teach me. |  |  |  |  |  |  |  |  |  |  | I am aware of my thoughts, feelings and actions in relation to learning. I can plan and apply effective learning strategies. I reflect upon my learning experiences. I take responsibility for my own learning. |