**Study questionnaire**

Circle the number that best represents your answer.

**1=never 2=not often 3=sometimes 4=often 5=always**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | I what the teacher expects me to learn | 1 | 2 | 3 | 4 | 5 |
| 2 | I think about what I need to learn before I start working | 1 | 2 | 3 | 4 | 5 |
| 3 | I know what the most important information to learn is | 1 | 2 | 3 | 4 | 5 |
| 4 | I read instructions carefully before I begin a task | 1 | 2 | 3 | 4 | 5 |
| 5 | I ask myself how well I am doing while I am learning something new | 1 | 2 | 3 | 4 | 5 |
| 6 | I think about how fast I am working and how long I have left, so that I finish tasks on time | 1 | 2 | 3 | 4 | 5 |
| 7 | I ask others for help when I don’t understand something | 1 | 2 | 3 | 4 | 5 |
| 8 | I check my understanding as I work | 1 | 2 | 3 | 4 | 5 |
| 9 | I can make myself learn when I need to | 1 | 2 | 3 | 4 | 5 |
| 10 | I really pay attention to important information | 1 | 2 | 3 | 4 | 5 |
| 11 | I think about my learning goals | 1 | 2 | 3 | 4 | 5 |
| 12 | I stop and go back over information which is not clear | 1 | 2 | 3 | 4 | 5 |
| 13 | I try and use ways of studying that have worked for me before | 1 | 2 | 3 | 4 | 5 |
| 14 | I am good at organising information | 1 | 2 | 3 | 4 | 5 |
| 15 | I draw pictures and diagrams to help me understand while learning | 1 | 2 | 3 | 4 | 5 |
| 16 | I think of several ways to solve a problem and then choose the best one | 1 | 2 | 3 | 4 | 5 |
| 17 | I summarise what I have learnt after I finish | 1 | 2 | 3 | 4 | 5 |
| 18 | I put new information into my own words | 1 | 2 | 3 | 4 | 5 |
| 19 | I try new ways of working and studying | 1 | 2 | 3 | 4 | 5 |
| 20 | I slow down when I get to important information | 1 | 2 | 3 | 4 | 5 |
| 21 | I know my learning strengths and weaknesses | 1 | 2 | 3 | 4 | 5 |
| 22 | I know how well I have done at the end of a test | 1 | 2 | 3 | 4 | 5 |
| 23 | I am good at remembering information | 1 | 2 | 3 | 4 | 5 |
| 24 | I am good at judging how well I understand something | 1 | 2 | 3 | 4 | 5 |
| 25 | At the end of a task, I think about how successful I have been | 1 | 2 | 3 | 4 | 5 |
| 26 | I ask myself is there was an easier way to do things after I finish a task | 1 | 2 | 3 | 4 | 5 |
| 27 | I use teacher feedback to make improvements to my work | 1 | 2 | 3 | 4 | 5 |
| 28 | At the end of a task, I ask myself if I have learnt what I needed to learn | 1 | 2 | 3 | 4 | 5 |
| 29 | I learn from my mistakes | 1 | 2 | 3 | 4 | 5 |
| 30 | I work hard at improving my learning | 1 | 2 | 3 | 4 | 5 |
| 31 | I challenge myself | 1 | 2 | 3 | 4 | 5 |
| 32 | I put in extra time and effort when a task is hard | 1 | 2 | 3 | 4 | 5 |

Add up your scores and fill in the table:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Planning** score (questions 1,2,3,4): |  | **Monitoring** score (questions 5,6,7,8): |  | **Regulating learning** (questions 9,10,11,12,) |  | **Procedural** (questions 13,14,15,16,17,18,19,20)  *Divide the total by 2 in order to compare it with the other sections!* |  |
| **Judgement of learning** score (questions 21,22,23,24): |  | **Evaluation** (questions 25,26,27,28) |  | **Mindset** (questions 29,30,31,32) |  | **Overall** total: |  |

Which was your highest score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Which was your lowest score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_