

BUILDING LEARNING POWER QUESTIONNAIRE

This questionnaire is designed to find out your perceptions about learning. You will find questions on how you feel about learning, how you manage learning, what you think about learning and how you relate to it. Try to answer the questions as honestly as possible and try to think about learning as widely as possible and not just school and subjects.

RESILIENCE- How I feel about learning

	<u>RESILIENCE</u>	Hardly ever	Not often	Sometimes or in some circumstances	Mostly, in the majority of circumstances	Always, in everything
1	When learning something, I get completely absorbed					
2	I like the feeling of being stretched in my learning					
3	It feels good when I really 'get into' learning something					
4	I can shut out distractions when I'm learning					
5	I purposefully try to minimise distraction					
6	I know when to walk away and give myself a break from learning?					
7	I know what conditions help me to learn					
8	I settle back into learning quickly after an interruption					
9	I often notice how things look, what they are made of or how they behave					
10	I'm patient and wait to notice details as they emerge					
11	When I get stuck, I don't get put off					
12	I get upset if I get worried, confused or frustrated when I'm learning something					

13	I know that learning can be a struggle					
14	I keep on going despite difficulties and I find ways to overcome them					
15	If I don't get something, I give up easily.					

RESOURCEFULNESS- How I think about learning

	<u>RESOURCEFULNESS</u>	Hardly ever	Not often	Sometimes or in some circumstances	Mostly, in the majority of circumstances	Always, in everything
1	I'm not afraid of asking questions if I don't know something					
2	I play with ideas when learning and think, 'how come?', 'what if?' and 'why?'					
3	I let to get below the surface of things and come up with my own conclusions					
4	When I learn something, I look for connections or links to things I already know					
5	I like seeing how things fit together or make patterns					
6	I look for simple things in my memory that will help me remember complicated ideas					
7	I picture how things might look, sound or feel or be					
8	I build up stories around objects, facts and theories or anything else I'm learning					
9	I rehearse things in my mind before doing them for real					

10	I often guess or work out what might happen					
11	I think carefully and methodically when I'm learning					
12	I look for evidence to back up my ideas					
13	I can often spot flaws in other people's arguments					
14	I make good use of resources around me when learning like people, books, internet etc					
15	I often try to think of what I could use to help me learn something					

REFLECTIVENESS- How I manage learning

	<u>REFLECTIVENESS</u>	Hardly ever	Not often	Sometimes or in some circumstances	Mostly, in the majority of circumstances	Always, in everything
1	I think about what I'm aiming to get out of my learning					
2	I plan what resources I will need to help me learn and plan how long it will take me					
3	I plan what steps I will need to take when learning something					
4	I anticipate what might get in the way of me learning					
5	I'm flexible when learning and happy to change plans or direction when learning something					

6	I ask myself, 'am I happy with what I'm doing', 'is it all ok' as I'm learning					
7	I'm happy to change my plans if I've had a better idea					
8	If something isn't going right, I'll ditch it and start again					
9	I reflect on what I've learnt and think a bout what went well and what didn't					
10	I think about how what I've learnt might help me somewhere else					
11	I can talk about how learning works best for me					
12	I know my strengths and weaknesses as a learner					
13	I can talk about what skills I have used or learnt when learning					
14	I'm interested in becoming a better learner					
15	I think about my learning afterwards to see how I could have gone about it better.					

RECIPROCITY- How I relate to learning

	<u>RECIPROCITY</u>	Hardl y ever	Not ofte n	Sometimes or in some circumstance s	Mostly, in the majority of circumstance s	Always, in everythin g
1	I know when it's better for me to learn something with others , or by myself					
2	I'm easily swayed by others' views					

3	I don't like it when people disagree with me and find it hard to justify my view					
4	I work well as part of a team					
5	I can get frustrated when working with others					
6	If I've got a good idea, I focus on getting my idea heard rather than listening to others.					
7	I show I am listening when people are talking through eye contact or gestures					
8	I look at people's faces when they are talking and think about what they are feeling					
9	I can rush to a judgement about what someone is saying before they finish speaking					
10	I can easily see something from other people's point of view					
11	I check I have heard someone right or interpreted them right by clarifying or repeating what they have said.					
12	I watch other people and pick up their learning habits					
13	I'm always ready to learn something from others					
14	I think my way of learning is generally better					
15	I learn something best when someone has shown me how to do it.					

WHAT DO YOU BELIEVE ABOUT LEARNING ?

Have a look at the below statements in relation to your belief about learning. Read through and indicate whether you agree or disagree based on your gut feeling.

	Agree	Disagree
1. Good learners find learning easy		
2. Good learners are always well organised		
3. Good learners never give up		
4. The best learners are totally independent		
5. Good learners don't make many mistakes		
6. Being a good learner is about how much you know		
7. There is usually one best way to learn		
8. Being confident is the most important influence on learning		
9. Success at school means you are good at learning things outside of school		
10. Good learners believe they have the 'right' to ask questions		

YOUR EXPERIENCE OF LEARNING

Please base your answers on experiences of learning in and out of school.

1. What is the most memorable thing you learnt which made you feel a sense of achievement or success?

2. What is the most memorable thing you tried to learn which made you feel a sense of failure?

3. Do you ever see teachers struggling to understand something, not knowing the answer or having to look something up? If so, how do they react?

4. What do you think are the skills needed to be a good learner?

5. Can you recall a time when you learnt something that later influenced or helped you in learning something else?

LEARNING LANGUAGE

How often do you hear or see the following words used when learning and how much do you understand their meaning? Please put a tick in the box for how often and please tick a box to show your understanding with their meaning?

WORD	How often is it used?			My understanding		
	never	sometimes	All the time	No idea	A rough idea	confident
Analogies						
Analyse						
Assimilate						
Calculate						
Clarify						
Classify						
Collaborate						
Concept						
Consistency						
Context						
Convey						
Deduce						

Define						
Demonstrate						
Describe						
Estimate						
Evaluate						
Identify						
Illustrate						
Investigate						
Justify						
Modify						
Organise						
Portray						
Predict						
Review						
Reflect						
Sequence						
Summarise						

Thank you for completing this questionnaire. The information you have provided will be shared with other teachers but will be kept anonymous.

If you have any other comments about how we could help to improve the process of learning for you, please use the space below.

