

Learning From My Work

Performance: A Work in Progress

Use the scale provided to indicate how you feel regarding each opposite pair of statements.

E.g. If you agree with the left-hand statement, choose the relevant box from 1-4, where 1 represents the strongest agreement. If you agree more with the right-hand statement, choose the relevant box from 6-9.

I did better than I thought I would					I didn't do as well as I imagined			
1	2	3	4	5	6	7	8	9
I pushed myself and worked hard					I could have tried a bit harder			
1	2	3	4	5	6	7	8	9
I took a chance by trying out something new					I stuck to what I knew, because that's what I feel sure of			
1	2	3	4	5	6	7	8	9
I changed my work as I went along					I stuck to my approach throughout			
1	2	3	4	5	6	7	8	9
I listened to others' feedback					I kept going using my own approach			
1	2	3	4	5	6	7	8	9
My work and ideas were my own					I had help from other sources			
1	2	3	4	5	6	7	8	9

I was clear on the task				I was unsure what I was supposed to do				
1	2	3	4	5	6	7	8	9
I'm satisfied with my results				I'm not content with my results				
1	2	3	4	5	6	7	8	9
I was working on a deadline				It was a continuing project				
1	2	3	4	5	6	7	8	9