

## **A learning diagnostic activity - which are true of you?**

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**Read these statements carefully, and select with a tick those that you need to work on.**

1. I see my own learning and development as a priority despite all other pressures.
2. I consciously manage my development in a planned way.
3. I am aware of my priority development needs, and I am working on these.
4. I do not over-rely on structured, formal 'training' for my development.
5. I see seeking feedback and advice as essential elements of my development.
6. I have one or more mentors in my life who have helped my development over the long term.
7. I regularly find sufficient quality time to reflect thoroughly on my learning and development.
8. I am an active learner – I don't wait for development opportunities – I go looking for them.
9. I observe others critically, and consciously seek to learn from them.
10. I find the time amidst everything else, to record my learning appropriately, so this is not lost.
11. I know what specifically I can do better in critical areas of my life than say, one year ago.
12. I make real, and successful efforts to keep in touch with people from whom I can learn.
13. I genuinely enjoy working on my development, at worst finding this a challenge not a chore.
14. I read selectively and often enough to keep up to date, and I note my learning to retain this.
15. I can make connections and draw value from apparently unrelated learning experiences.
16. I recognise the barriers to my own development, and don't let them become too big a problem.
17. I have a clear, yet flexible plan to guide my future development in the short and longer term.
18. I am assertive and adventurous as a learner, I am prepared to make new contacts of value.
19. I don't expect instant results in terms of my development – I am realistic and prepared to wait.
20. I don't expect others to show more interest in my development than I do.
21. I feel genuinely that I manage and accept responsibility for my own learning and development.
22. I know there is at least as much to learn from what goes wrong as from successes.

23. I put effort into putting what I learn into practice, and I persist with this when I hit problems.
24. I welcome challenges to my beliefs and views as a way to test and clarify them.
25. I am keen to learn in various ways, not only using my preferred styles or habits.
26. I can accurately attribute the sources and experiences that contribute to my development.
27. I accept that however good I get at anything, I still have a lot to learn.
28. I am comfortable with reflecting on what I don't do well as well as things that give me pleasure.
29. I know that in order to develop I have to take risks, and that this means mistakes are likely.
30. I recognise that much of what I have learned needs updating, and has a 'shelf life'.

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