**Am I ready to be a distance learner?**

Throughout this short course you have engaged in a range of self-assessment activities to check your study readiness. We hope this course has boosted your confidence while helping you to explore useful skills, discover how ready you are to study and how to develop your study skills.

Complete the self-assessment task below. For each question, select the answer that best describes your skills. Make a note of the number so you can add up your score from the questions. There is a score box on the final page of this activity.

Why not save and print the sheet? You could pin it up in your study space so it is to hand during your studies. You might want to use it to revisit the resources that have been signposted for you.

**My Outcomes sheet**

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| **1** **Will I find time to study?** | |
| ***Explanation***  *Circle the number or highlight the line that best describes you/the skill* | **Rationale**  *Make a few notes as to why you made your selection* |
| 1. I’m unsure of my readiness to study. I need to use the resources available to help me prepare more. |  |
| 1. I’m feeling a little unconfident. I may need to dig deeper into available resources to help me be ready for study. |
| 1. I feel reasonably sure of my readiness to study. Great to have the resources available for when I might need them. |
| 1. I feel confident. I’ve learned from the resources and feel ready to start my study. |
| **Links**  If you want to know more about having time to study, why not explore this helpful resource:  The Open University’s [‘Finding time to study’](https://www.open.ac.uk/courses/do-it/finding-time) page. You might find the [Time Planner](https://www.open.ac.uk/courses/time-planner) tool on that page useful for calculating your available time. | |

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| **2 Do I have the right skills for study?** | |
| ***Explanation***  *Circle the number or highlight the line that best describes you/the skill* | **Rationale**  *Make a few notes as to why you made your selection* |
| 1. I’m unsure about my study skills. I should use the resources available to help me prepare more. |  |
| 1. I’m feeling a little unconfident about my study skills. I should dig deeper into available resources to help me be ready for study. |
| 1. I feel reasonably sure that my study skills are effective. Great to have the resources available for when I might need them. |
| 1. I feel confident my study skills are effective. I’ve learnt from the resources and feel ready to start my study. |
| **Links**  This is a free OpenLearn resource to help you develop more effective study skills. It’s a short informal course designed to help you get a taste of what distance learning at higher education level is like.  [Developing good academic practice](https://www.open.edu/openlearn/education-development/education/developing-good-academic-practice/content-section-0) | |
| **3 Do I have the digital skills to be a distance learner?** | |
| ***Explanation***  *Circle the number or highlight the line that best describes you/the skill* | **Rationale**  *Make a few notes as to why you made your selection* |
| 1. I’m unsure of my digital learning skills. I need to use the resources available to help me prepare more. |  |
| 1. I’m feeling a little unconfident of my digital skills. I may need to dig deeper into available resources to help me be ready for study. |
| 1. I feel reasonably sure of my digital skills readiness to study. Great to have the resources available for when I might need them. |
| 1. I feel confident in my digital skills. I’ve learned from the resources and feel ready to start my study. |
| **Links**  If you want to know more about how to develop or expand your digital skills, this course on OpenLearn might be helpful for you to explore:  [Digital skills: succeeding in a digital world](https://www.open.edu/openlearn/education-development/digital-skills-succeeding-digital-world/content-section-overview) | |

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| **4 Am I ready to learn?** | |
| ***Explanation***  *Circle the number or highlight the line that best describes you/the skill* | **Rationale**  *Make a few notes as to why you made your selection* |
| 1. I’m unsure of my readiness to learn. I need to use the resources available to help me prepare more. |  |
| 1. I’m feeling a little unconfident about learning. I may need to dig deeper into available resources to help me be ready for study. |
| 1. I feel reasonably sure of my readiness to learn. Great to have the resources available for when I might need them. |
| 1. I feel confident. I’ve learned from the resources and feel ready to start my learning. |
| **Links**  The following free short courses on OpenLearn might be helpful for you to explore:  [English: Skills for Learning](http://www.open.edu/openlearn/education-development/english-skills-learning/content-section-overview)  [Essay and report writing skills](https://www.open.edu/openlearn/education-development/essay-and-report-writing-skills/content-section-0)  [Numbers, units and arithmetic](https://www.open.edu/openlearn/science-maths-technology/mathematics-statistics/numbers-units-and-arithmetic/content-section-0) | |

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| **5 Do I understand how assessment will help my learning?** | |
| ***Explanation***  *Circle the number or highlight the line that best describes you/the skill* | **Rationale**  *Make a few notes as to why you made your selection* |
| 1. I’m unsure of my readiness to be assessed. I need to use the resources available to help me prepare more/I need to go back to the material in the course. |  |
| 1. I’m feeling a little unconfident about being assessed. |
| 1. I feel reasonably sure about being assessed. Great to have the resources available for when I might need them. |
| 1. I feel confident about being assessed as I now know the role of assessment in learning. |
| **Links**  You might want to explore [Student Hub Live](https://studenthublive.open.ac.uk/). It has many resources and helpful guidance for students to explore. In addition, these free short courses on OpenLearn might be helpful for you to explore:  [Learning how to learn](https://www.open.edu/openlearn/education-development/learning-how-learn/content-section-0)  [Key skill assessment: Improving your own learning and performance](https://www.open.edu/openlearn/education-development/key-skill-assessment-improving-your-own-learning-and-performance/content-section-0) | |

Add up your score from the boxes above. This will be a number between 5 and 20.

You might want to make a note of your score below.

It might be helpful as you progress with your studies to revisit this activity and update your score. This will help you track your developing study confidence.

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|  | **Score** |
| **1** **Will I find time to study?** |  |
| **2 Do I have the right skills for study?** |  |
| **3 Do I have the digital skills to be a distance learner?** |  |
| **4 Am I ready to learn?** |  |
| **5 Do I understand how assessment will help my learning?** |  |
| **Total** |  |