

Key: Very confident



Confident



Less confident



Not very confident



Situations	Whilst on the course	At home	Socially/ with friends
1. I am confident when meeting new people			
2. I am confident, I can learn from this course			
3. I am confident to speak in a group			
4. I am confident to speak, one to one, with an unfamiliar person			
5. I am confident in writing things down, to take notes			
6. I am confident that I have something valuable to contribute			
7. I am confident in organising my course work			
8. I am confident in situations which might be difficult			
9. I am confident to ask for help if I need it			
10. I feel I am a confident person			

Learner name:

Course:

Date:

Tutor: