

Self-Assessment: Confidence

A positive self-image is very important:

- it helps us to focus on learning and meaning;
- it gives us strength to concentrate and understand;
- it encourages us to interact and communicate with others;
- it promotes motivation and positive attitudes.



My Self-Confidence Profile:	False					Maybe					True				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
1. I have the ability to learn English.	1	2	3	4	5										
2. If I do my best, I will achieve my learning goals.	1	2	3	4	5										
3. I will improve if I continue to study.	1	2	3	4	5										
4. I like to speak in English in class.	1	2	3	4	5										
5. Trying to speak English is more important than accuracy.	1	2	3	4	5										
6. I like to study with my group members in class.	1	2	3	4	5										
7. My contribution is as important as anyone else's.	1	2	3	4	5										
8. I participate in all the activities in class.	1	2	3	4	5										
9. I participate even if I am embarrassed or nervous.	1	2	3	4	5										
10. I ask the teacher for help when needed.	1	2	3	4	5										
11. If I don't understand, I say so.	1	2	3	4	5										
12. I do my best, whatever the situation.	1	2	3	4	5										
13. I keep trying to learn, even if I am nervous.	1	2	3	4	5										
14. It is OK to make mistakes when practicing new language.	1	2	3	4	5										
15. I'm not bothered what other students think of my efforts.	1	2	3	4	5										
16. I'm not bothered what the teacher thinks of my efforts.	1	2	3	4	5										
17. I believe in myself. I trust myself.	1	2	3	4	5										
18. I trust my feelings and emotions.	1	2	3	4	5										
19. I think about my learning ("How am I doing?").	1	2	3	4	5										
20. I am a good language-learner.	1	2	3	4	5										
TOTAL (/100)															

WHAT WOULD YOU ATTEMPT TO DO IF YOU KNEW YOU COULD NOT FAIL?
(UNKNOWN)

1. Circle the numbers that match your answers.
2. Add the numbers to make a total.
3. Take some time to think about your self-image:
 - Do I respect myself?
 - Do I believe in my abilities?
 - Do I worry about what people think of me?
 - Do I trust myself to achieve my goals?

