

Key: Highly confident  Confident  Not confident  Very low confidence 

Situations	At a learning centre	At home	Socially/ with friends	At work / out and about
1. I am confident when meeting new people				
2. I am confident I can learn from this programme				
3. I am confident that I can use what I learn in daily life				
4. I am confident to speak in a group				
5. I am confident to speak to one other, unfamiliar person				
6. I am confident when writing things down				
7. I am confident that I have valuable skills to offer				
8. I am confident in organising my day to day affairs				
9. I am confident in situations which might be difficult				
10. I feel I am generally a confident person				

Learner name:

Tutor name:

Date: