

Self-Evaluation Questions

Name: Date:

Your completed questions form part of the coursework required for assessment. Please contact Training Support for details of how to submit your work.

Please tick or underline each correct answer.

1. The iCourse developers recommend that you spend time completing the self-development driving exercises. The amount of time we suggest is:
 - a. a minimum of 10 hours;
 - b. between 10 and 20 hours;
 - c. between 20 and 30 hours;
 - d. between 30 and 40 hours;

2. Self-evaluation skills will:
 - a. help you to get the best value from time spent practising;
 - b. be useful but are not essential for your driving course;
 - c. not be useful after you finish your driving course;
 - d. only be useful if you do additional practical training;

3. Your self-development practise sessions need:
 - a. supervision by a trainer;
 - b. clearly defined goals;
 - c. an approved lesson plan;
 - d. a friend to assess your progress;

4. Your course provides a goal setting process called 'What do you want'. If you complete the process online and access the online programme on a mobile or other device during practise sessions in the car, you:
 - a. can safely refer to the device while driving;
 - b. can only refer to the device on quiet roads;
 - c. can only refer to the device during low speed manoeuvres;
 - d. must be parked safely with the engine off before referring to the device;

5. The 'What do you want?' process asks you to consider the:
- five main things that you want to achieve during a session;
 - four main things that you want to achieve during a session;
 - three main things that you want to achieve during a session;
 - two main things that you want to achieve during a session;
6. Research has shown that writing down goals can make you more likely to achieve them. The percentage shown in the research was:
- 24% more;
 - 42% more;
 - 50% more;
 - 100% more;
7. Apart from asking you to think about your goals, the 'What do you want?' goal setting process also asks you to consider:
- how you will know when your goals have been achieved;
 - whether your goals are too complex;
 - whether you have enough goals;
 - when you will work on your goals;
8. Scaling is:
- a method that can be used for any topic;
 - a method that can only be used for driver training;
 - primarily a way for you to assess others;
 - only appropriate if nothing else seems to work;
9. When using scaling in teaching if someone gives rates themselves higher or lower than you would rate their skills yourself, would you:
- tell them that their scaling score is wrong?
 - accept their score?
 - tell them to think again?
 - suggest that they should try harder?
10. Scaling is:
- only useful when setting goals;
 - is only useful at the end of a practise session;
 - is useful for both setting goals and assessing achievement;
 - is not appropriate in client-centred training;