

## Scaling

Scaling will help you to identify the areas of skill and knowledge to work on as you complete your course. Repeat the following exercise as many times as necessary, considering your ‘performance’ generally, or any specific subject area in which you want to improve your performance.

### Step 1

Take a moment to consider how much you already know about the relevant subject material and the skills that you already have.

On a scale of zero to ten (with zero being poor and ten being excellent), where do you rate yourself currently? (Fill in subject and the figure below)

When I consider \_\_\_\_\_ I estimate my ability on a scale of zero to ten to be \_\_\_\_\_

Now re-consider, checking that you are being honest with yourself and ensuring that you are thinking about any relevant factors that you may have overlooked and that might affect your rating. If there are any changes, amend the figure above.

### Step 2

Think about the score identified in Step 1 and ask yourself the following question.

“What do I need to know, or to do, in order to improve my score and how much do I realistically think I can improve in my next practice/study session”

Our recommendation is that you consider what is required to improve by one or two points – setting your target too high can lead to a sense of disappointment, even if you make an improvement. However, you know yourself better than anyone else and so you are best placed to determine the ‘improvement level’ – but keep it realistic!

Think about the ‘improvement question’ carefully, taking as long as necessary (you might know the answer instantly; alternatively, you might want to leave it for now and think about it overnight or during your working day).

Formulate your answer specifically, and write it out with as much detail as possible using the sheet provided (continuing on a separate sheet if required).

### Step 3

Repeat steps 1 & 2 as many times as necessary to cover any areas that may have been of concern to you or which you want to improve generally.

### Important

Some students ask “How can I assess myself – don’t I need an expert to assess me?” The answer to this is that you will get an expert assessment during any practical training that you complete – however, you have already learned a lot about driving standards in your study so far. When qualified part of your job will be the assessment of your customer’s driving standard, the best place to start learning this assessment is on yourself – you can then compare your self-assessment to your trainers assessment.

The standards required are set out in Driving – Essential Skills, in this course and in DriverActive. Simply compare your own driving to those criteria.