



# DISTANCE EDUCATION

## *STUDENT SELF-ASSESSMENT*

Rate yourself on the following items from 1-5.

5 = Definitely    4 = Most of the time    3 = Sometimes    2 = Not always    1 = Never

### LEARNING ENVIRONMENT

- I always manage my time effectively.
- I always understand the instructions during class.
- I learn more from studying at home rather than sitting in class.

### LIFE & ACADEMIC SKILLS

- I submit school assignments on time.
- I have above average reading skills.
- I have above average writing skills.
- I am an independent learner and do not need to rely on my instructor to learn.

### DISTANCE COURSE EXPECTATIONS

- I can be a self-motivated learner in distance courses.
- I can devote six or more hours per week to each of my distance courses.
- My DE instructor should not be expected to immediately return my e-mails.

### TECHNOLOGY SKILLS & ACCESS

- I can utilize Microsoft Word easily.
- I can easily access a computer any day of the week.
- I can use the Internet to find the Google webpage in one minute or less.
- I am able to access the Internet any day of the week.
- I know how to attach a document to an e-mail.
- I can download software onto my computer.
- I can create, save, and manage files on my computer.
- I can cut and paste from Microsoft Word into an e-mail.
- I can troubleshoot my own computer problems.

### \_\_\_\_\_ TOTAL POINTS FROM ALL FOUR SECTIONS

**95-88:** You exhibit the necessary strengths to perform well in DE courses!

**87-76:** You show a number of strengths as a DE student and could perform well. You should register for online courses that spark your interest and know you must dedicate yourself for a full 16 weeks to studying and turning in your assignments on time to maintain a solid GPA!

**75-61:** You show potential weaknesses in your abilities as a DE student. If you choose to take these courses, you would need to study a lot and work to the absolute best of your ability to succeed!

**Under 61:** Your learning style best-suits the seated classroom environment.