Distance Learning Candidate Name: _____

Online Learning Self-Assessment Survey- Form UT150

Is an Online Degree Program for YOU?

Answer the following questions **Yes** or **No.**   Then see your scoring summary below the checklist.

I have good technology skills and access.		
Yes	**No**	1. I have an email account and frequently communicate through emails.
Yes	**No**	2. I know how to use an Internet browser to navigate to web sites.
Yes	**No**	3. I have fairly good typing skills.
Yes	**No**	4. I know how to save a document to my desktop or to a folder on my hard drive.
Yes	**No**	5. I have home access to a high-speed (cable modem or DSL) Internet connection.
I don't mind taking risks when learning.		
Yes	**No**	6. I am not afraid of making mistakes if I am learning to do new things.
Yes	**No**	7. It does not bother me if I answer incorrectly in a new learning situation.
Yes	**No**	8. I don't mind asking an instructor for help if I don't know how to do something.
Yes	**No**	9. I don't mind displaying my work in front of others in a learning situation.
Yes	**No**	10. I am not easily frustrated when I am learning new things.
I am an organized and self-disciplined learner.		
Yes	**No**	11. I tend to start new tasks early to get a head start on them.
Yes	**No**	12. When I have a lot of things to do, I schedule them to make sure I get them done.
Yes	**No**	13. I almost never let things go until the last minute.
Yes	**No**	14. I tend to plan my daily activities to allow enough time to accomplish them.
Yes	**No**	15. I know I can make a weekly commitment of time to complete my coursework.
I know I am responsible for my own learning.		
Yes	**No**	16. I believe it is rewarding to be a high achiever.
Yes	**No**	17. My successes have always been because of my efforts; luck rarely played a role.
Yes	**No**	18. I try to achieve in all my classes, regardless of their level of difficulty.
Yes	**No**	19. I usually reach the goals I set for myself.
Yes	**No**	20. I tend to persist at things I start, even when takes more time than I thought.
I have good communication and study skills.		
Yes	**No**	21. I have good reading comprehension.
Yes	**No**	22. I'm comfortable with expressing myself in writing.
Yes	**No**	23. I am fairly good at following written directions.
Yes	**No**	24. I can focus my attention on learning even when there are distractions around.
Yes	**No**	25. I like working on tasks independently; I don't need face-to-face contact.

If you answered "yes" to:

23-25 items – You are an excellent candidate for online learning; go for it!

20-22 items – You will probably be okay with online learning, but may need to work on developing some of the required qualities.

Fewer than 20 items – You may have difficulties with online learning. Review the checklist and see if there are any of these you can change or address.