

Worksheet 4.1 Checking Your Status as an Adult Learner

Part A: External Factors

Listed below are the four most common external factors that affect an adult learner's success as a student:

- Home responsibilities
- Job responsibilities
- Family or peer support
- Previous record of academic success

Decide which external factors affect you as a learner. Next, place each in the column that describes the degree to which it affects you. Then briefly explain its effect on you:

Do Not Affect Me	Somewhat Affect Me	Strongly Affect Me

Part B: Internal Factors

Listed below are the four most common internal factors that affect an adult learner's success as a student:

- Confidence in your ability to succeed in college
- Willingness to accept feedback and learn from it
- Commitment to work through difficult learning situations
- Readiness to communicate internal thoughts externally
- Investment of your time and energy in:
 - coursework preparation
 - completion of assigned tasks
 - studying

Decide which internal factors affect you as a learner. Next, place each in the column that describes the degree to which it affects you. Then briefly explain its effect on you:

Do Not Affect Me	Somewhat Affect Me	Strongly Affect Me