

# Self-assessment

When thinking about university, there are all kinds of things you need to consider. As well as working out what subject you want to study, it's likely you'll be interested in finances, where you'll live, and who you'll be studying with.

So what about you? What do you need to know or do so you can make the right choices about your future? The following quiz will help you work out where the information gaps are. Then you can find activities, which will help you fill these.



# HHP Plus quiz

Answer yes (Y) or no (N) to the following questions.

| Theme           | Question  | Y/N |
|-----------------|---|-----|
| <b>Believe</b>  | I know what I want from higher education.   |     |
|                 | I know what motivates me to apply for higher education; subject; job; independence.     |     |
|                 | I am confident taking a path that may be different to my family, friends, or community. |     |
|                 | I know what I want out of the next 5-10 years.  |     |
|                 | I believe that university will help me achieve my long-term lifestyle goals.            |     |
|                 | I am confident that the direction I am taking will help me achieve my career goals.     |     |
| Theme           | Question  | Y/N |
| <b>Discover</b> | I find it easy to mix with other students.  |     |
|                 | I am confident about new social activities.   |     |
|                 | I am capable of looking after myself.   |     |
|                 | I know what accommodation will be best for me.  |     |
|                 | I'm confident I can manage on a budget.   |     |
|                 | I know what to do next to get university funding sorted.                                |     |
|                 | I find it easy to recognise when I need to ask for help.                                |     |
|                 | I know who to ask when I need help.   |     |
|                 | I'm confident asking for help for the following:  |     |
|                 | Physical health problems  |     |
|                 | Finances  |     |
|                 | Dealing with study pressures  |     |
|                 | Accommodation issues  |     |
|                 | Relationships with friends and family   |     |
|                 | Emotional or mental health difficulties   |     |
|                 | I'm confident I can choose a course that's right for me.                                |     |
|                 | I'm confident I can choose the right university for me.                                 |     |
|                 | I'm confident with my Personal Statement.   |     |
|                 | I know what I need to do next for my UCAS application.                                  |     |

# HHP Plus quiz

| Theme                                    | Question                                    | Y/N |
|--|---|-----|
| <b>Succeed</b>                           | I am confident with my skills:              |     |
|  | Taking notes                                |     |
|  | Reading                                     |     |
|  | Finding information                         |     |
|  | Writing                                     |     |
|  | Coming up with ideas                        |     |
|  | Referencing                                 |     |
|  | Discussing subjects                         |     |
|  | Working in groups                           |     |
|  | Solving problems                            |     |
|  | Analysing information                       |     |
|  | Memorising information                      |     |
|  | Presenting topics                           |     |
|  | Reflecting on what I've learnt              |     |
|  | Deciding what's important                   |     |
|  | I know what course I want to study and why. |     |
| I am confident studying at a university. |   |     |

Look at all of the questions where you've answered 'No'. Then think about which activities will help you answer these. Keep referring back to this list over the year. It will help you stay focused as you progress.