

Learning Skills Journey Tool
Oregon State University Ecampus Research Unit
Brigham Young University Continuing Education

Locus of Control (LOC)

	Strongly Disagree	Disagree	Agree	Strongly agree
1. No matter what I do, I can't seem to do well in my classes.*				
2. How well I do in my classes is often determined by chance.*				
3. There is little I can do about my performance in college.*				
4. When I do poorly in a class, it's usually because I haven't given it my best effort.				
5. My grades are basically determined by things beyond my control, and there is little I can do to change that.*				

**Items are reverse coded*

Example of explanatory text for students: Questions 1-7 measure perceived control for education. Students who perceive that they are “in control” of their success may have a mind-set that helps them to adjust their behaviors to their situation. Students who perceive that external forces have greater control (e.g. luck, others) may not think about changing their behavior to adjust to the situation, and as a result they may have poorer outcomes.

Self-Regulation Efficacy (SRE)

	Poorly	Adequately	Well	Very Well
6. How well do you finish homework assignments by deadlines?				
7. How well do you arrange a place to study without distractions?				
8. How well do you motivate yourself to do coursework?				
9. How well do you create a plan to complete the given assignments?				
10. How well do you complete tasks independently?				
11. How well do you keep up with weekly readings and assignments?				
12. How well do you keep up with coursework when life becomes challenging?				

Communication Efficacy (CE)

	Poorly	Adequately	Well	Very Well
13. How well do you express your opinion in writing to others?				
14. How well do you contribute your fair share of work in a group?				
15. How well do you actively communicate when working as part of a group?				
16. How well do you create a plan to complete the given assignments?				
17. How well do you communicate with your instructor in writing?				
18. How well do you clearly ask your instructor or teaching assistant (TA) questions?				
19. How well do you express your opinions to the instructor respectfully?				
20. How well do you seek help when there are challenges in your life?				

Technology Efficacy (TE)

	Poorly	Adequately	Well	Very Well
21. How comfortable are you downloading and installing new software on your computer or other device?				
22. How comfortable are you finding and listening/watching assigned audio or video resources on the Internet?				
23. How comfortable are you using social networking sites such as Facebook, Twitter, Instagram, Snapchat or others like them?				
24. How comfortable are you navigating an online learning platform (learning management system such as Canvas)?				
	Strongly Disagree	Disagree	Agree	Strongly Agree
25. When I am asked to download new software that I'm not familiar with, I'm unable to get assignments done.*				

*Items are reverse coded

Scoring

The items within each subscale are on a 1- 4 scale. To score, sum items within each subscale. The following table shows the range of possible values within each subscale, and cutoffs for low and high scores.

Subscale	Subscale Range	Scoring - Low	Scoring - High
LOC	5 - 20	Less than or equal to 14	Greater than or equal to 15
SRE	7 - 28	Less than or equal to 20	Greater than or equal to 21
CE	8 - 32	Less than or equal to 23	Greater than or equal to 24
TE	5 - 20	Less than or equal to 14	Greater than or equal to 15

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