There are sixteen statements in the table below that explore how prepared you feel you are ahead of joining your studies after self isolation. Read the statements and then select how much you agree or disagree with it (1=Fully Disagree and 10=Fully Agree).

When you have answered all the statements, add up your scores by following the instructions. This will give you an idea about how prepared you are for studying in a UK Higher Education environment.

	Think about how much you agree/disagree with these statements ahead of joining your studies and classes	Fully Disagree									Fully Agree
		1	2	3	4	5	6	7	8	9	10
1	I think classmates who are not from my country or culture will get impatient when they cannot understand my accent										
2	I hope there is a variety of people my classes from different countries										
3	I hope there is not much variety of people my classes										
4	I think my identity and culture will be valued by others in my class who are not from my country or culture										
5	I will be upset if others who are not from my country or culture, try to take advantage of me										
6	I usually like working with a diverse mix of people										
7	I think that others in my classes who are not from my country or culture, will be uncomfortable with my culture										
8	I think that people who are very different from each other from different countries will not be able to work together effectively										
9	People who are from the same country or culture as me, will benefit from a broader mix of people they interact with										
10	Working with classmates who are from my country or culture will help to give me confidence										
11	I feel I should work with others who are not from my country or culture, in my classes										
12	I am worried I won't be able to create friendships with my classmates who are from my home country or culture										
13	I think classmates who are not from my country or culture, will be amused by the stereotyping of people who are from my country or culture										
14	I should work with others who are not from my country or culture, in my classes										
15	I feel I don't belong here										
16	I often feel a sense of alienation and 'don't fit'										

Instructions:

- Add up your scores for Statements: 6,9,11 and multiply by 1.5 for Category A Learner
- Add up your scores for Statements: 1,7,8,13,15,16 for Category B Learner
- Add up your scores for Statements: 3,5,12 and multiply by 1.5 for Category C Learner
- Add up your scores for Statements: 2,4,10,14 and multiply by 1.25 for Category D Learner

You should have four totals now for Categories A,B,C and D.

It is quite normal to have a large variety of category scores across a group of learners.

If your Category A score is higher than all the others, then you seem well prepared and motivated to engage in your studies and work with your classmates from different countries and cultures now and after the self isolation period. Your ways of learning would seem to be open to change and newness.

If your Category C or Category D score is higher that all the others, then you are prepared and want to work hard in your studies but are worried about how that might develop. This could be because of concerns with your language or how others might see you or that you might be uncomfortable initially working with a diverse group of people. By using the support and help available to you as you move into your studies from your College and the University, you will build your confidence and your network of friends. This will help you find your voice to speak.

If your Category B score is higher than all the others, then you may find your initial engagement and study difficult. Your approach to learning so far will not be as open is it may need to be and dealing with 'newness' will be a challenge. You may have a strong reliance upon home friends and family but you also need to try to build friendships as you move into your studies and with those in your class and on your degree. You will often find they are nervous and worried too and would welcome speaking with someone in a similar situation. Remember your College and the University also has a range of support services available to help you.

If your scores across the categories are more or less similar, then you are prepared for your studies but naturally have some worries and concerns. This is normal and as with the above discussions, nothing to worry about.