

Confidence after training survey

For each line, mark how confident you are that you can do it today. Answer for yourself; no name needed.

Training or course

Date

For each statement, tick one box from 1 (not at all confident) to 5 (extremely confident).

STATEMENT	NOT AT ALL CONFIDENT				EXTREMELY CONFIDENT
1 I can do the main task from this training alone.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
2 I can explain the key steps to someone else.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
3 I can tell when I have made a mistake with it.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
4 I can recover when something goes wrong midway.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
5 I can adapt it to a case the course did not cover.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
6 I can still do it well when I am short of time.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
7 I can find the help or notes I need when stuck.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
8 Before this training, how confident were you doing the main task alone?					
☐ Not at all ☐ Slightly ☐ Moderately ☐ Very ☐ Extremely					
9 When will you first use this outside the training?					
☐ This week ☐ This month ☐ Later on ☐ Not sure					
10 What would raise your confidence most now?					
☐ More practice ☐ A checklist ☐ A coach to ask ☐ A refresher ☐ Nothing more					
11 Which part do you feel least sure about, and why?					
12 What in the training helped your confidence most?					

Thank you. Your answers are anonymous.

poll-maker.com/cp-survey-question-confidence-scale

Optional questions (1 of 2)

Add any of these to the core questions. Keep the numbering running on from page one.

Before it starts (learners answer)

13 How often have you done this task before?

☐ Never ☐ Once or twice ☐ A few times ☐ Often

14 Why are you taking this training?

☐ I chose it ☐ My manager asked ☐ Needed for my role ☐ Needed for my course

STATEMENT	NOT AT ALL CONFIDENT				EXTREMELY CONFIDENT
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15 I can pick up a new skill like this one quickly.

16 What do you most want to be able to do afterwards?

A month later (learners answer)

17 Since the training, how often have you used it?

☐ Not yet ☐ Once or twice ☐ Every week ☐ Most days

18 What has got in the way of using it? (tick all that apply)

☐ No chance yet ☐ No time ☐ Missing tools ☐ Forgot steps ☐ No support

STATEMENT	STRONGLY DISAGREE				STRONGLY AGREE
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19 Someone has asked me how it is going since then.

20 Describe one time you used it since the training.

Work skills check, 0 to 10 (staff answer)

21 I can present my work to a group of ten or more.

Cannot do at all Highly certain I can

Optional questions (2 of 2)

Add any of these to the core questions. Keep the numbering running on from page one.

Work skills check, 0 to 10 (staff answer) (continued)

22 I can give a colleague feedback they can act on.

Cannot do at all Highly certain I can

23 I can run a meeting that ends with clear actions.

Cannot do at all Highly certain I can

24 I can stay calm in a tense conversation.

Cannot do at all Highly certain I can

25 I can learn a new software tool on my own.

Cannot do at all Highly certain I can

26 I can plan a project with dates and owners.

Cannot do at all Highly certain I can

Answer confidence, after a quiz (learners answer)

27 How sure are you that your answer is right?

☐ Just guessing ☐ Fairly sure ☐ Certain

28 If you were unsure, what was the reason?

☐ New to me ☐ Mixed up two ideas ☐ Misread it ☐ Short of time

29 Which topic would you like to go over again?

About you (optional)

30 How did you take this training?

☐ In person ☐ Live online ☐ Self-paced online ☐ A mix

31 How long have you been in this role or subject?

☐ Under 1 year ☐ 1 to 3 years ☐ 4 to 10 years ☐ Over 10 years