CEQ•ALL Self Assessment Guide

| | "Playing School" | "Engaging the model" | "Tasting Initiative & Joy" | "Self-initiated lifelong learning" |
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| Choice | Little energy went into choosing what to do. It was more like a "roll of the dice" or "following orders" than making a choice. | Some thought went into choosing what to do, but more personal reflection might have suggested other good alternatives worth considering. | Energy was invested in considering options before choosing what to do. The choice excited interest and prior learning. | The choice of what to do naturally flowed from previous experiences and long-standing interests. |
| Effort | Little effort went into the activity. This was more a "going through the motions" or a "get through it" experience. | Some effort was put into the activity, but it might have been inconsistent and occasionally lacking focus or care. | Effort was definitely put into the task. Time, attention and reasonable care describe the activity. | The effort invested in the activity shows full engagement in trying to master new learning. Focused attention and ongoing care defined the endeavour. |
| Quality | "Quick and dirty" is probably a better description than "quality." The task probably isn't even completed. | The quality of the work may be below what could be expected, although aspects do show mastery of new learning. | The level of quality demonstrates achievement at or above expectations for someone at this level of learning. | The quality of the work goes beyond what would normally be expected. Attention to detail, creativity and personal interpretations are evident. |
| Attitude | Carelessness, apathy, low confidence, compliance or negativity might describe the attitude. | Willingness, cooperation, emerging confidence or only occasional inconsistency might characterise the attitude. | Optimism, engagement, confidence and consistency are regular attitudes. | Positive self-confidence and appreciation for others who have contributed are evident. "Flow" might have been occasionally experienced. |
| Labor of Love | Labor? Love? | There may have been moments when learning was an engaging experience. | The positive experience suggests similar endeavours might be enthusiastically pursued in the future. | Such engaged and self-initiated learning describes someone who sees the activity as a joy to pursue and a rewarding pastime. |