

SELF-ASSESS YOUR LEARNING

Setting up for Success!

Subject: _____ First and Last Name: _____
 Teacher: _____ Date: _____

Take your time to read each statement and think about it carefully.

Using this scale, put check marks next to each statement below:

- 1 **Rarely.** *This is really hard for me to do.*
- 2 **Sometimes.** *In the right situation or with the right topic.*
- 3 **Most of the time.** *I can usually achieve this.*
- 4 **Always.** *Nothing prevents me from accomplishing this.*

There is space beneath each section to include specific comments, if you feel it would help in describing yourself.

	1	2	3	4
THINKING				
I can generate new ideas or build on others' ideas.				
I can use setbacks, mistakes, and failures to improve my learning.				
I can reflect on and analyze my <i>thinking, products, and actions</i> .				
I can evaluate the credibility of sources of information.				
I experiment with different ways of doing things and adjust my actions to achieve progress.				
COMMUNICATION				
I ask open ended questions to inspire a discussion and to gather information.				
I am an active listener – I know when to listen and when to engage in the conversation.				
I present information in a clear and organized way.				
I can work well with others (in pairs or in groups) to achieve a common goal.				
I can give, receive, and act on feedback (and can change what I am doing).				
PERSONAL and SOCIAL				
When a task is really challenging, I persevere and work harder at it.				
I can reflect on my strengths and use them to progress in my learning.				
I take ownership of my goals, learning and behaviour.				
I have strategies to deal with stressful situations or overwhelming workloads.				
I can identify when others need support and can provide it.				
I can show a sense of accomplishment, recognize my own efforts and other people's too!				
I don't get distracted by others (or my surroundings); once set on a task I am very focused.				
Something else you should know about me: (use the back of the page if you need more space)				

