

I Can Self-Assess!

Name: _____ Date: _____

Use the following checklist to monitor your self-assessment skills. Be sure you have evidence (in your data notebook or portfolio) to support your claims.

I am a strong self-assessor when I:

- Document my learning from beginning to end (through products, photos, video)
- Organize my documentation and data in a notebook, portfolio, or digital file
- Notice features and describe my data and artifacts
- Compare my efforts to success criteria
- Analyze my artifacts and data to identify my strengths
- Analyze my artifacts and data to identify my needs or areas for growth
- Remember and reflect on decisions I made while learning (use documentation to help)
- Decide whether my decisions led me toward or away from my goals
- Consider what matters to me (my values, my beliefs, my goals, my preferences)
- Set goals that matter to me
- Select actions that I think will get me closer to my goals
- Think about when and how I will try approaches and strategies
- Ask for support when I need it
- Accept failure and think about what decisions I could make that would get me to a different result
- Seek feedback from others
- Act on feedback that seems helpful in getting me to my goals
- Celebrate my successes
- Reflect on how I like to celebrate
- Respect, empathize, and show compassion for myself and others because I know life has both failure and success
- Revisit, review, and revise my products and performances

Add any additional self-assessment skills you can think of.