



# Learner Self-Assessment Guide

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[LFO Module – Autonomous Learning]



In this guide, you will assess your completion of a previously stated goal using several self-assessment techniques.

### Self-Assessment Guide

Now that you have completed your goal, it's time to think about how you did. When completing a self-assessment, sometimes we get stuck wondering if our idea of "good" matches up with others' idea of "good." When it comes to self-assessment, don't worry about that so much! What's important is your honest evaluation of what you have done.

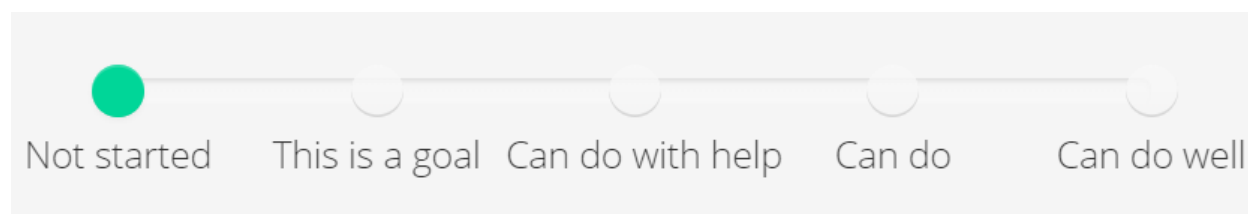
There are many different types of self-assessments that you can do listed in the appendix. It doesn't matter which one you choose as long as you select one that fits your preferences. It is a good idea to try several of them out to see what works best for you. Go to the appendix now, select a self-assessment, and give it a try. While you are working on it, here are a few questions to consider:

How did you think you were going to perform before trying?

What strengths of yours did you notice?

What skills do you want to improve in the future?

After you have completed your self-assessment, you can go in and complete the LFO self-assessment for your goal. This will appear after you upload your evidence and looks like this:



Based on what you learned in your self-assessment, drag the little green dot the correct selection. Remember, this is about your honest assessment of how you did, not about if your definition of the word “well” is the same as another’s. What is important is your perception of what you’ve done!

Good job, and congratulations for completing your goal!

**Appendix A: Journal Self-Assessment**

Self-Reflection Language Journal

Date: \_\_\_\_\_

Use this journal page to chart how your task went!

Goal Completed: \_\_\_\_\_

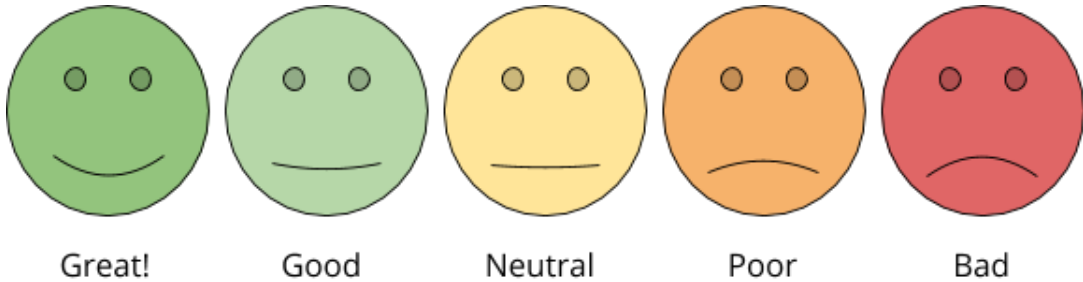
In the following lines, answer these questions:

1. How did you feel when you were completing the task? Confident? Confused? Happy? Upset? Why do you think you felt that way?
2. What were you thinking about when you were completing the task? Were you focused? Or were you distracted?
3. What learning strategies did you employ when preparing for this task? Do you think they helped? Why or why not?
4. Were you successful completing your task? How do you know? What environmental feedback told you this?

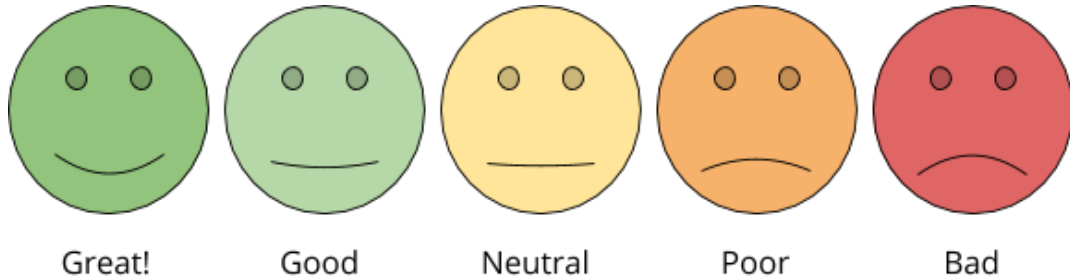
## Appendix B: Face Scale Self-Assessment

Circle the face that best indicates your answer to the following questions.

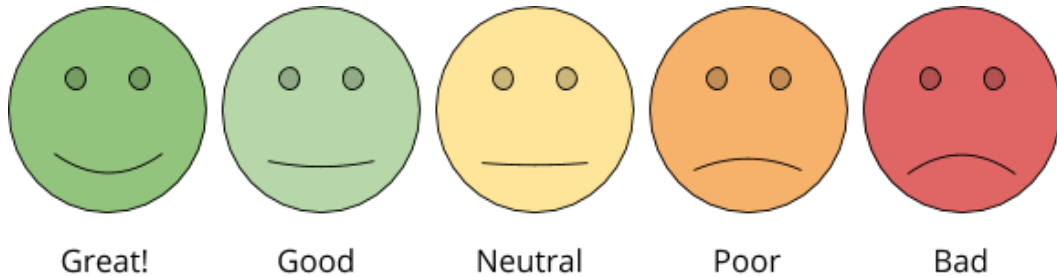
How did you feel when completing this task?



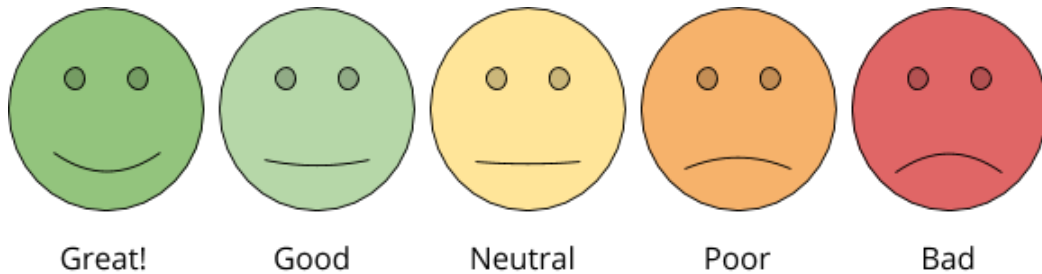
How well suited was your grammar and vocabulary knowledge for this task?



What degree of confidence did you have while completing this task?



In whole, how did you think you did completing this task?



## **Appendix C: Yes/No Self-Assessment**

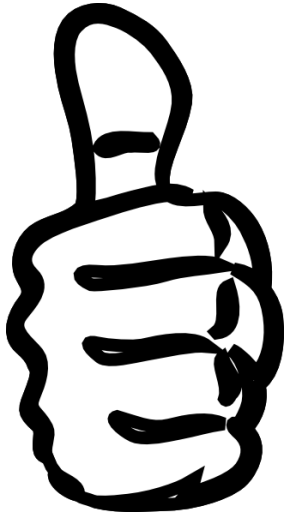
### Yes/No Self-Assessment Checklist

Answer the questions below based on the goal that you completed.

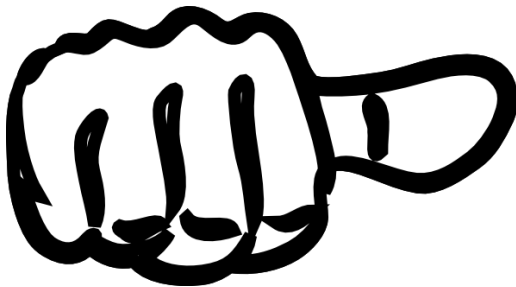
1. I completed the task. Yes/No
2. I felt confident while completing the task. Yes/No
3. I needed help to complete the task. Yes/No
4. I was able to complete the task fully and well. Yes/No
5. The preparation I did helped me complete the task. Yes/No
6. If someone asked me to complete the same/a similar task next week, I could do it. Yes/No

## Appendix D: Thumbs-Up Self-Assessment

Which description below best matches how you feel about your goal completion?



I felt confident while completing my task. I was able to work through it with no hesitation or confusion. If someone asked me to complete the same or a similar task in the future, I would easily be able to complete it.



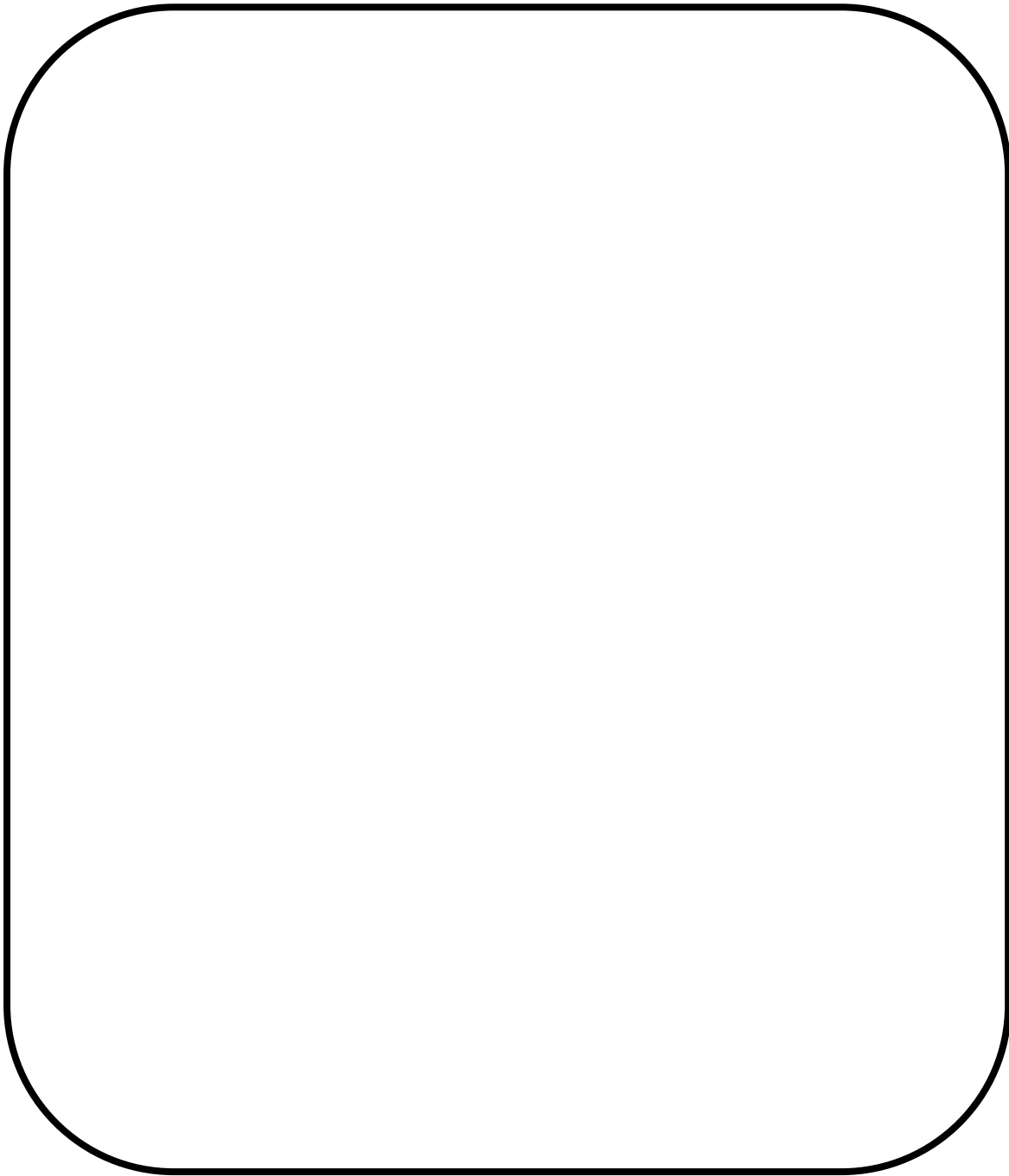
I felt OK while completing my task. I had some questions while I was doing it, and sometimes I felt confused or uncertain. I would like some more practice before I tried it again.



I was not able to complete my task. While working on it, I often felt confused and I had many questions. I did not feel confident working on my task, and I need more practice before I try it again.

**Appendix E: Picture Self-Assessment**

Think about how your task went. How did you feel doing it? How hard did you work on it? How did it go? Use the space below to draw a picture of your experience.





**Appendix F: 1-4 Number Self-Assessment**

Rate yourself on a scale of 1-4, 4 being the best.

# 4

## I did it!

I understood it completely and confidently completed the task!

# 3

## I mostly did it!

I understood most of the task, but I have some questions before I am confident.

# 2

## I sort of did it

I did my best, but I am still fairly confused. I need more practice before trying again.

# 1

## I didn't do it

I was very confused and unable to complete the task. I will practice more before giving it another try!

## Appendix G: Web Self-Assessment

Use the web below to rate yourself in each category.



All images for this document were created on Google Drive with the exception of the thumbs on page 7 which were sourced from <http://clipart-library.com/clipart/8izngnB4T.htm>.



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