

Ongoing Self-Assessment Sheet

① = Never, ② = Not often, ③ = Sometimes, ④ = Often, ⑤ = As much as possible

When studying in class:		①	②	③	④	⑤
1	I come to class on time (or early).					
2	I bring my portfolio.					
3	I bring my textbook.					
4	I participate fully in the activities.					
5	I listen carefully to my group members.					
6	I give ideas to my group.					
7	I cooperate with my group members.					
8	I think about the activities (What? Why? How?).					
9	I use a dictionary (paper or electric).					
10	I make notes of new language.					
11	I ask my classmates for help.					
12	I ask the teacher for help.					
13	I think about my learning (goals, needs, achievements).					
When studying outside of class:						
14	I continue with activities that I didn't finish in class.					
15	I check out the assignments page.					
16	I do some assignments and put them in my portfolio.					
17	I write to my email friend(s).					
18	I prepare for my practice lesson presentation.					
19	I study English on the Internet.					
20	I think about my learning process (goals, needs, achievements).					
		Total/100				

1. Check (✓) the boxes that match your answers.
2. Add the numbers to make a total.
3. Take some time to think about your learning:
 - What are my goals?
 - What are my learning needs?
 - How can I achieve my learning goals?
 - Do I need any help?