

# SELF ASSESSMENT CARDS

**1** I understand very well.



I can explain it and teach it to someone else.

**2** I understand quite well.



I can do it on my own with confidence.

**3** I understand somewhat.



I can do it with some help.

**4** I am just getting started.



I need more practice and support.

**5** I don't understand yet.



I need help to get started.

**6** I can apply this.



I can use this in real-life situations.

**7** I participated actively.



I contributed to discussions and activities.

**8** I worked collaboratively.



I listened, shared ideas, and supported others.

**9** I made healthy choices.



I looked after my body, mind, and wellbeing.

**10** I managed my time well.



I stayed focused and used my time wisely.

**11** I can improve by...



I know what to work on next.

**12** My next step is...



I will take action to keep improving.