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Learning
to be

Self-Assessment Card for Students

Age 13-14



Self-Assessment Cards for Students Age 13-14

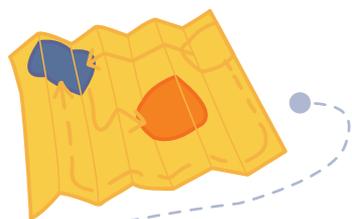
Myself and Others

Assessment of self-awareness and relationship skills. My progress and achievement card (13-14 years.)

My name (first name, surname):	
Date of Self-Assessment (year, month):	
My teacher's name:	
Form:	

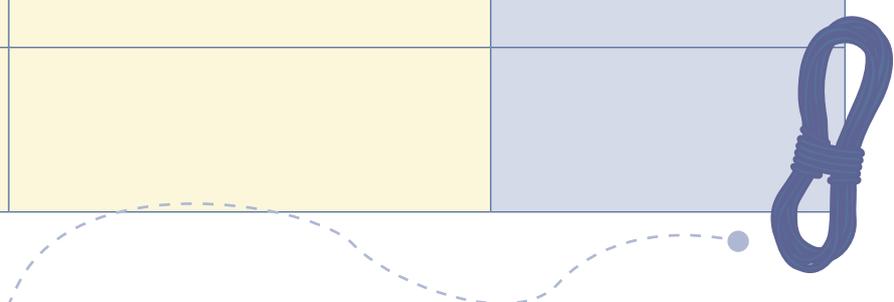
This progress and achievement card will help you keep track of your experiences in learning to get to know yourself and others better.

- There are 20 objectives (things to learn) about yourself and your relationships with others listed in the table below. These are your learning targets for this year.
- Please evaluate each statement describing how well you know or are able to do these things.
- Give evidence for every point you think you know or are able to do well (tick Often or Always): try to describe a situation or activity where you think you have learned / practiced this;
- There are no right or wrong answers here. You will not get a mark for your answers. Please try to evaluate yourself honestly, according to each statement.
- When you finish assessing yourself, give this card to your teacher (any subject teacher or your class supervisor/responsible teacher) to write personal comments for you.
- Review this card every month to track your progress and provide new evidence.



	My evaluation How often is this true? 1-Never, 2-Sometimes, 3-Often, 4-Always.				Evidence of My Learning Describe the situation (activity) that explains where and how you learned it	Teacher's Comment Any subject teacher
THINGS TO LEARN	1	2	3	4		
Learning to Be Myself: Self-Awareness and Self-Management Skills						
1) I understand which feelings help me to learn and which ones distract me from learning						
2) I can manage stress and finish tasks even when it's difficult						
3) I can identify my main strengths and obstacles that influence my success in life.						
4) I know who could help me if I need help (people around me, services)						
5) I have a short term goal and know how to reach it.						

	My evaluation How often is this true? 1 -Never, 2 -Some-times, 3 -Often, 4 -Always.				Evidence of My Learning Describe the situation (activity) that explains where and how you learned it	Teacher's Comment Any subject teacher
THINGS TO LEARN	1	2	3	4		
6) I can explain what helps me achieve my goals						
Learning to Be with Others: Social Awareness and Relationship Skills						
7) I can understand how others may feel in different situations.						
8) I am able to cooperate with others and work together in a team to achieve group success.						
9) I can explain how to manage conflicts in the group.						
10) I understand what negative peer pressure is and I know how to resist it.						
Learning to Be Responsible – Responsible Decision Making						
11) I understand how honesty, respect, fairness and compassion can help people make better decisions.						
12) I can explain why school and society rules are important.						
13) I know how decision-making skills can improve my academic success						
14) I know different ways to refuse to take part in unsafe or unethical activities.						
15) I know how I can actively contribute to making positive changes in my school.						
16) I understand how I can make positive influence in my community outside the school.						





I am learning from others!

Please describe:

What did you manage to learn from your peers at school during the last term?

What are the things you have helped others to learn?

I am learning from others!

What have I learned last during the last month?

Who helped me learn this? *(Write the names)*

I am helping others!

What have I helped others to learn?

Whom have I helped? *(Write the names)*

My goals for next term

Please identify 3 things you need to learn better during the NEXT term. These could be skills from the table above or general things you need to improve at school.

What do I still need to learn

Please name 3 main goals

How am I going to do it?

Please name the steps needed to learn this

Who can help me achieve my goals?

Please write the names

Teacher's General Comments. Feedback of the responsible class teacher after the self-assessment.