



Task Title: Self Assessment to Manage Learning

OALCF Cover Sheet – Practitioner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes No

Goal Path: Employment Apprenticeship

Secondary School Post Secondary Independence

Task Description: The learner will complete a self-assessment and identify possible areas of improvement.

Main Competency/Task Group/Level Indicator:

- Manage Learning/E.1

Materials Required:

- Pen/pencil and paper or computer or digital device

Task Title: SelfAssessmentToManageLearning_EASPI_E.1

Learner Information

It is often helpful to do a self-assessment of learning progress. This can help identify successes and areas of improvement.

Scan the "Self-Assessment Checklist".

Self-Assessment Checklist

Learning Descriptors	Self-Assessment		
I demonstrate a positive attitude to learning	I never or rarely do this	I usually do this	I always do this
I accept positive feedback	I never or rarely do this	I usually do this	I always do this
I accept constructive criticism	I never or rarely do this	I usually do this	I always do this
I recognize when I don't know something	I never or rarely do this	I usually do this	I always do this
I accept new learning challenges	I never or rarely do this	I usually do this	I always do this
I am willing to work independently	I never or rarely do this	I usually do this	I always do this
I take responsibility for learning	I never or rarely do this	I usually do this	I always do this
I take risks in learning situations	I never or rarely do this	I usually do this	I always do this
I take initiative	I never or rarely do this	I usually do this	I always do this
I manage my time effectively	I never or rarely do this	I usually do this	I always do this
I meet deadlines	I never or rarely do this	I usually do this	I always do this
I complete tasks and activities in a logical order	I never or rarely do this	I usually do this	I always do this
I attend class regularly	I never or rarely do this	I usually do this	I always do this
I arrive to class on time	I never or rarely do this	I usually do this	I always do this
I check the accuracy of my work	I never or rarely do this	I usually do this	I always do this

Work Sheet

Task 1: For each Learning Descriptor on the self-assessment checklist, circle, highlight or underline your choice of:

- **I never or rarely do this**
- **I usually do this**
- **I always do this**

Answer: No written response required here.

Task completed: Yes:

Task 2: List three learning descriptors you would like to work on.

Answer:

Task 3: Discuss the learning descriptors you identified in Task 2 with your instructor. List any strategies you or your instructor have to improve these learning areas.

Answer:

Answers

Answers will vary.

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
E.1	identifies steps required to achieve goals			
	begins to monitor progress towards achieving goals			
	begins to identify barriers to achieving goals			
	begins to identify ways to remember information and reinforce learning (e.g. reviewing notes)			
	begins to monitor own learning			
	uses feedback to improve performance			

This task: Was successfully completed Needs to be tried again

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Learner Comments:

Instructor (print):

Learner (print):
