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SAPS						
<b>INSTRUCTION:</b> See the statements below and rate how much you agree or disagree with each item. There are no right or wrong answers.						
<b>WHEN I STUDY ENGLISH...</b>						
1. I check whether I have mastered the subject content by doing extra exercises.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
2. I check whether I have fully understood the subject content by doing past exam papers.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
3. I keep track of my progress by recording my grades.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
4. I ask myself questions in my head to check whether I have understood the subject content.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
5. I check my test results against the answers in the textbook or on a website.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
6. I ask my teacher to give me feedback about my performance.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
7. I ask my family members to give me advice on my work.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
8. I ask my friends to tell me how to improve my learning.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
9. I ask my fellow group members to evaluate my contributions to group work tasks.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
10. My gut feeling ( <i>hinala o pakiramdam</i> ) tell me whether my schoolwork is good or bad.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
11. My emotions influence my evaluation on my learning performance.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
12. How my body feels (for example, feeling tired or energetic) tells me how well I am doing.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
13. My intuition ( <i>kutob</i> ) tells me if I am doing a good job or not.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
14. After I received my checked assignment or test, I look for the reasons for my mistakes.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree

15. I think about how much sense the comments of other people (e.g., teachers, family members, and friends) regarding my work make to me.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
16. After finishing my schoolwork, I go over parts that I am unsure of again.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
17. As I study, I think about whether the way I am studying is really helping me learn.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
18. When I do exercises, I look at what I got wrong or did poorly to guide me on what I should learn next.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
19. I pay attention to my test results to identify what I can do better next time.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree
20. I reflect on my weaknesses when I discuss study- related issues with my classmates.	1 <input type="checkbox"/> Strongly disagree	2 <input type="checkbox"/> Disagree	3 <input type="checkbox"/> Slightly disagree	4 <input type="checkbox"/> Slightly agree	5 <input type="checkbox"/> Agree	6 <input type="checkbox"/> Strongly agree

**Subscales:**

Seeking external feedback by monitoring: Items 1 to 5

Seeking external feedback by inquiry: Items 6 to 9

Seeking internal feedback: Items 10 to 13

Self-reflection: Items 14 to 20