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Self-assessment Practices Scale (SaPS)

The items below aim to understand how you perform self-assessment during learning. Please respond based on your actual situation. Please fill the suitable choice. “1” means “strongly disagree”, and “6” means “strongly agree”.

Self-assessment refers to the process during which students actively seek feedback about their own performance, evaluate and reflect on the learning process and outcome against a selected criterion, and identify their own strengths and weaknesses.

When I learn.....		1	2	3	4	5	6
		Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
Seeking External Feedback through Monitoring (SEFM)							
1	I check whether I have mastered the course content by doing extra exercises.	①	②	③	④	⑤	⑥
2	I check whether I have fully understood the course content by doing past exam papers.	①	②	③	④	⑤	⑥
3	I keep track of my progress by recording my performance.	①	②	③	④	⑤	⑥
4	I ask myself questions in my head to check whether I have understood the course content.	①	②	③	④	⑤	⑥
5	I check my performance against the answers in text books or on a websites.	①	②	③	④	⑤	⑥
Seeking External Feedback through Inquiry (SEFI)							
6	I ask my teachers to give me feedback about my performance.	①	②	③	④	⑤	⑥
7	I ask my family members to give me advice on my work.	①	②	③	④	⑤	⑥
8	I ask my friends to tell me how to improve my learning.	①	②	③	④	⑤	⑥
9	I ask my fellow group members to evaluate my contributions to group work tasks.	①	②	③	④	⑤	⑥
Seeking Internal Feedback (SIF)							
10	My gut feelings tell me whether my work is good or bad.	①	②	③	④	⑤	⑥
11	My emotions influence my evaluation on my learning performance.	①	②	③	④	⑤	⑥

When I learn.....		1 Strongly Disagree	2 Disagree	3 Slightly Disagree	4 Slightly Agree	5 Agree	6 Strongly Agree
12	How my body feels tells me how well I am doing.	①	②	③	④	⑤	⑥
13	My intuition tells me if I am doing a good job or not.	①	②	③	④	⑤	⑥
Self-Reflection (SR)							
14	I seek out the reasons for mistakes I made after getting back marked work.	①	②	③	④	⑤	⑥
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	②	③	④	⑤	⑥
16	Any areas I am unsure of after finishing my work, I go over again.	①	②	③	④	⑤	⑥
17	I think about whether the way I am studying is really helping me learn.	①	②	③	④	⑤	⑥
18	When I do exercise, I look at what I got wrong or did poorly on to guide me as to what I should learn next.	①	②	③	④	⑤	⑥
19	I pay attention to my assessment results in order to identify what I can do better next time.	①	②	③	④	⑤	⑥
20	I reflect on my weaknesses when I discuss study-related issues with my classmates.	①	②	③	④	⑤	⑥