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Self-assessment Practices Scale-Short Form (SaPS-SF)

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 Strongly Disagree	2 Disagree	3 Slightly Disagree	4 Slightly Agree	5 Agree	6 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
Seeking External Feedback through Inquiry (SEFI)							
4	I ask my teachers to give me feedback about my performance.	①	②	③	④	⑤	⑥
5	I ask my friends to tell me how to improve my learning.	①	②	③	④	⑤	⑥
6	I ask my fellow group members to evaluate my contributions to group work tasks.	①	②	③	④	⑤	⑥
Seeking Internal Feedback (SIF)							
7	My gut feelings tell me whether my work is good or bad.	①	②	③	④	⑤	⑥
8	How my body feels tells me how well I am doing.	①	②	③	④	⑤	⑥
9	My intuition tells me if I am doing a good job or not.	①	②	③	④	⑤	⑥
Self-Reflection (SR)							
10	I think about whether the way I am studying is really helping me learn.	①	②	③	④	⑤	⑥
11	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
12	I pay attention to my assessment results in order to identify what I can do better next time.	①	②	③	④	⑤	⑥