

Self-Assessment Scale for Chapter 5

	0 Not Using I never use this strategy.	1 Beginning I sometimes use this strategy, but I don't think I use it correctly.	2 Developing I use this strategy, but I do so mechanically.	3 Applying I use this strategy and monitor how well it works.	4 Innovating I know this strategy well enough that I have created my own version of it.
Tracking and Studying Progress					
Track academic progress over time	0	1	2	3	4
Set personal academic goals	0	1	2	3	4
Examine effort and preparation	0	1	2	3	4
Using Effective Verbal Feedback					
Types of verbal feedback to avoid	0	1	2	3	4
Types of verbal feedback to use	0	1	2	3	4
Providing Examples of Self-Efficacy					
Stories	0	1	2	3	4
Quotations	0	1	2	3	4
Teaching Self-Efficacy					
Distinguish between growth and fixed theories	0	1	2	3	4
Have students identify their personal theories	0	1	2	3	4
Keep the conversation alive	0	1	2	3	4