

# Science Class: Student Self-Assessment Form

The **student self-assessment form** sample for science class enables learners to reflect on their understanding and skills. It encourages critical thinking by helping students evaluate their grasp of scientific concepts and experimental methods. This tool fosters self-awareness and supports personalized learning progress.

## Student Information

Name	<div></div>
Class/Section	<div></div>
Date	<div></div>

## Self-Assessment Checklist

Skill or Concept	I understand this well	I understand this somewhat	I need more help
Understanding scientific vocabulary	<div></div>	<div></div>	<div></div>
Following the scientific method	<div></div>	<div></div>	<div></div>
Conducting experiments safely	<div></div>	<div></div>	<div></div>
Analyzing and interpreting data	<div></div>	<div></div>	<div></div>
Explaining scientific concepts	<div></div>	<div></div>	<div></div>

## Reflection

1. What is one thing in science class you think you do well?

2. What is one area where you would like to improve?

3. What can you do to improve in science?

4. Is there anything you need from your teacher to help you succeed?

Student Signature: <div></div>	Date: <div></div>
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