

# Student Self-Assessment Form

## Distance Education

The **student self-assessment form** sample for distance education helps learners evaluate their progress and understanding independently. It encourages reflection on strengths and areas for improvement in an online learning environment. This tool fosters accountability and enhances remote academic performance.

### Student Information

Name:

Course/Subject:

Date:

### Self-Assessment

Rate your current level of understanding (1 = needs improvement, 5 = excellent):

Understanding of Course Content:

Participation in Online Activities:

Time Management Skills:

What are your strengths in this course?

Areas for improvement:

What support or resources do you need?

**Submit Self-Assessment**