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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 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 |
| 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 |