**Herb Bernstein and Sarah Hews – Self Evaluations**

In each course (and then in your retrospective essay) you are asked to do a self-assessment. We ask you because we believe that reflecting on what you know, understand, and are able to do - as well as knowing where you might struggle - is important in setting new goals and new directions. What are the kinds of questions that can help you have more productive self-evaluations? Here are some suggestions from Herb Bernstein and Sarah Hews that might help:

1) What were you supposed to do? (Extensive description of each component of the course or learning activity--most things take both HW and readings, questions to the teacher and participation in class discussions/presentations, playing with materials handed out, learning to decipher scientific-academic-or-aesthetic literature or texts, etc.)

2) How much of it did you do? (Specific about components, as mentioned in previous numbered item)

3) How well did you do it? each part may have a different level of achievement.

4) What did you learn from all that? --this is the first punch line, and helps us all focus on the real purpose of college work.

5) What, if anything, of lasting value did you take away? If nothing, what would you/will you do differently next time?

Note that these points can be used in all your courses & learning activities.