

Anatomy & Physiology 12 Mid-term Self-Evaluation

Name:

Unit: Biological Molecules / DNA & Protein Synthesis

These are the things I did to learn the content for this unit:

- Paid attention during lessons
- Wrote my own notes
- Did all the Check Your Understanding Questions (Water, Biomolecules, DNA)
- Checked my CYU answers with the Key (Water, Biomolecules, DNA)
- Did extra reading in the textbook &/or student notes package especially while I was answering CYU questions
- Did corrections on my incorrect quiz questions
- Asked teacher to explain concept
- Used the unit review sheets
- Used the practice test
- Other: _____

My Unit test mark (69):

I am proud of:

I struggled with:

To improve I can:

Unit: Cell structures / Cell membrane transport

These are the things I did to learn the content for this unit:

- Paid attention during lessons
- Wrote my own notes
- Did all the Check Your Understanding Questions (Cell & transport)
- Checked my CYU answers with the Key (Cell & transport)
- Did extra reading in the textbook &/or student notes package especially while I was answering CYU questions
- Asked teacher to explain concept
- Used the unit review sheets
- Used the practice test
- Other: _____

My Unit test mark (66):

I am proud of:

I struggled with:

To improve I can:

Science Skills & Competencies:

Reflect on the lab activities we have done and the feedback you've received to-date.

What competency do you think you are doing well on? Why?

I feel that the competency that I am doing well on is Critical Thinking. I can experiment with different ways of doing things. When studying for the unit tests I would use strategies that I do not typically use in order to prepare myself. I do not typically read text from a text book if not required, but for this course I found that it helped me better understand the content when I read it from the optional textbook portion provided.

What competency do you want to improve? How?

I want to improve on my communication skills. Although I may be learning the material, as of now I would not be able to explain it to somebody who is foreign to this material- which means I do not understand and process the material to it's full extent yet. I may know it in my head, but would not be able to demonstrate my knowledge to somebody effectively and efficiently. I shall improve on this competency by trying to understand the concepts of this course and recite it to myself and peers and communicate our thoughts, similarities and differences.

Science Skills & Competencies will be included in your final mark – we are still working on developing abilities.