Use Levels of Understanding for Your Self-Check Score

0	I don't understand this, even with help.		
1	I am starting to get it, but I am still confused.		
2	I can do this with help or with an example in front of me.		
3	I can do this on my own.		
4	I am confident to teach this to someone else.		
How well can you? (or whatever the question might be)			
0	1 2 3	4	Show it:
How well can you? (or whatever the question might be)			
0	1 2 3	4	Show it:
How well can you check your work? (or whatever is needed)			
0	1 2 3	4	Show it:
Which area above is your weakest? What can you do to improve in this area?			
Area:	_	_	What I Need: