

Enhance capacity for monitoring progress

Consider the variability of learners when selecting a range of self-reflection tools and approaches.

Ensure approaches are accessible and customisable ([CAST, 2024](#)).

- ✓ Use visual tools like before-and-after photos, graphs, or portfolios to help learners see their progress over time.
- ✓ Help learners explore and identify which types of feedback are most useful based on their preferences, goals, and learning contexts.
- ✓ Offer templates that support self-reflection on the quality and completeness of their work.
- ✓ Model different self-assessment strategies, such as role-playing, peer reviews, or video reflections.
- ✓ Provide checklists, rubrics, models, and examples to support learners in evaluating their work.

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