Name:	Section:
Self-Assessment - Temperature and Heat	

<u>Directions</u>: Consider each of the following objectives and use the rating scale below to rate yourself based on how well you think you understand or can explain the objective.

I have no understanding			1	
and/or knowledge of the learning target (objective)	0	1	1 2	4

I have a complete understanding and/or knowledge of the learning target (objective); I can be the teacher

	Learning Target (Objective)	Pre-Lesson Rating	Post-Lesson Rating
1.	Describe the kinetic theory of matter		
2.	Compare and contrast temperature, heat, and thermal energy		
3.	Differentiate between the different temperature scales (Celsius, Fahrenheit, Kelvin)		
4.	Compare and contrast thermal expansion and contraction		
5.	Explain specific heat and its connection to mass		
6.	Compare and contrast conductors and insulators		
7.	Compare and contrast the three types of heat transfer (conduction, convection, radiation)		

<u>Directions</u>: At this point, you have identified how well you understood the learning targets for this topic prior to the lesson and after the lesson. Since you will be taking an assessment on this information in the near future, it is now necessary for you to identify learning targets that may still need some reviewing. For each learning target that does not have a rating of three or four, list the learning target below and describe what you are still having difficulty understanding. Take some time to revisit/review any resources that will help improve your understanding.

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