

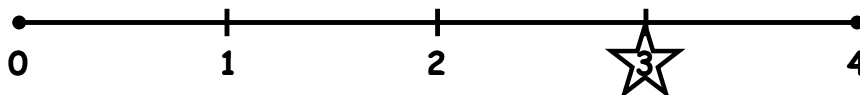
Name: _____

Section: _____

Self-Assessment - Energy

Directions: Consider each of the following learning targets (objectives) and use the rating scale below to rate yourself based on how well you think you understand or can explain the learning target.

I have no understanding and/or knowledge of the learning target (objective)



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 energy		
2. Compare and contrast kinetic and potential energy		
3. Compare and contrast the different forms of energy (chemical, mechanical, nuclear, thermal, electromagnetic, sound)		
4. Explain the law of conservation of energy		
5. Explain the relationship between energy conversions and efficiency		

