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### Method: "I am"

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<b>Aim</b>	To compare own assessment with other's assessment that positively stimulate self-assessment.
<b>Duration of activity (min)</b>	15
<b>Necessary materials</b>	Paper sheet and pen
<b>Action description</b>	<p>Teacher asks to take paper sheet and split up it in 4 sections by folding it. In the upper right section of paper students have to write ten sentences starting with: "I am...". Students can continue the sentence writing own qualities and skills or anything else that describes them.</p> <p>When it has been done the teacher asks to do the same in the upper left section of paper but from the perspective of their parents or friends. Students write these sentences imagining his/her-self in the place of parents or friends.</p> <p>Learners write ten characteristics in the lower left section of paper from the perspective of the classmate sitting next to them on left side.</p> <p>After learners fold up the paper until only the lower section of paper is seen. Learners give the self-assessment paper to the classmate sitting right who writes characteristic into empty section of paper (classmate writes 10 times he/she is...). The classmates return the sheet back. They can compare own assessment with the assessment of others. At the end the teacher can offer to post and to discuss what has been written. Discussion can contain the feelings felt and emotions processed during the activity.</p>
<b>Result</b>	<p>Learner self-assessment involves students in evaluating their personality and work. Through self-assessment, learners can:</p> <ul style="list-style-type: none"> <li>-see where to focus their attention while studying;</li> <li>-set realistic goals;</li> <li>- identify weaknesses and strengths of personality.</li> </ul>
<b>When to use</b>	Teacher is able to use the method at the end of class or just before a brake when the teacher notices a lack of interest towards the subject.
<b>Conclusion</b>	The method „I am” helps to gain incentive for positive self-assessment. This process helps students stay involved and motivated and encourages self-reflection and responsibility for their learning.