

AST Checklist	I am very good at this	I need more practice	This is not easy for me
Feedback literacy: <ul style="list-style-type: none">• Can I effectively use the feedback I receive to improve my own work?• Can I give constructive feedback to my classmates in a helpful and respectful way?			
Self-regulation and monitoring: <ul style="list-style-type: none">• Do I set clear, achievable goals for my learning and review my progress?• Can I stay focused and motivated, even when tasks become challenging or complex?			
Group Work Skills <ul style="list-style-type: none">• Can I collaborate with others, sharing tasks and responsibilities equally?• Can I communicate my ideas clearly and listen to others' contributions in a group?			
Research skills: <ul style="list-style-type: none">• Can I identify appropriate resources to find information?• Can I evaluate sources for credibility and relevance to my research topic?			
Digital Literacy and AI <ul style="list-style-type: none">• Do I feel comfortable using digital tools and technology to help me learn?• Do I understand the basic principles of how AI works and its applications in everyday life?			
Criticality <ul style="list-style-type: none">• Can I combine information from different sources to form a perspective on a topic?			

