

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? 			

