

Fundamental Level Math Upgrading (ABE): Factors that affect my Learning Process and Progress Rubric – Leonne Beebe

Factor	I could do better. = 5 or 6 I need to improve.	I am getting better. = 7 or 8 I am improving.	I am doing my best. = 9 or 10 I have improved a lot.	Score ___/10
Social Factor: how do I learn and behave in my math class to create a respectful learning community?				
1. Respectful behaviour/language in class	I am distracted by my cell phone. I talk/laugh out loud. I use “non-classroom” language	I put my cell phone on vibrate, but I check it often in class. I usually talk quietly. Sometimes, I forget to use “classroom” language.	I only check my cellphone as needed. I use “classroom” language. I speak respectfully to other students.	___/10
2. Attendance	I seldom attend class.	I usually attend class.	I usually attend and email when I can’t.	___/10
3. Team work	I don’t wait for my turn for help. I don’t think of the other students.	I think about those around me. Sometimes, I will help others, but not always.	I help others when others ask me. I ask for help from others when I need help.	___/10
Emotional Factor: how do I feel when in of class – nervous, worried, scared, anxious, shy, okay, good, fine?				
4. Mindset/attitude	I hate math. I never could do it. I’m not smart. I’m stupid.	Sometimes, I think I can’t do math when I can’t get it right. Sometimes, I get it.	I can do math. I ask for help when I’m stuck. I can help someone with math.	___/10
5. Math anxiety Test anxiety	I’m afraid I will fail. I’ll never be ready. Why bother?	Sometimes, I’m afraid I will fail the test. This bothers me.	If I fail, I will study and write the test again.	___/10
6. Mindfulness/let go of worries and focus on math	I have too many things to worry about to think of math. I worry about failing math.	Sometimes, I worry too much about other things and failing math.	I will stop worrying about other things now and think about learning math now.	___/10

Physical Factors: how does my body feel in class – sick, tired, restless, sore, relaxed, comfortable?			
7. Tiredness	I'm always tired in class. I sit all class.	Sometimes, I come to class tired. Sometimes, I sit too much.	When I come to class tired, I get up often, leave the room to keep awake.
8. Sickness	I come to class sick.	Sometimes, I come to class sick because I don't want to miss.	I stay home and work on math when I am sick.
Intellectual Factors: how do I learn new things in math; how do I study for my tests?			
9. Time Management – class time/ homework	I'm late for class. I leave early I don't do homework.	Sometimes, I'm late for class, and I leave early. Sometimes, I do homework.	When, I'm late for class, I stay after class. I do a lot of homework when I can.
10. Metacognition – thinking about my learning and study skills	I don't think about my learning after tests. I don't study. I just do the work and write the tests.	Sometimes, I think about my learning after tests to help me get better. I study, but sometimes, I don't do as well as I thought I would.	I think about my learning after each class and each test, so I can get better at math. I think about how I studied for the test to see what worked and what didn't, so I can do better next times.

I have read over and thought about these four factors, and the 10 descriptions listed in this table.

I have given myself either **5, 6, 7, 8, 9, or 10** points for each description.

When I add up my points, my total score = ____/ **100**. My percent (%) score is my total score ____ %

90 – 100 % = A+	77 – 79% = B+	67 – 69% = C+	*50 – 59 = D Note: This does not allow you to move on to the next level. D = Duplicate – you can continue on.
85 – 89% = A	73 – 76% = B	63 – 66% = C	
80 – 84% = A-	70 – 72% = B-	60 – 62% = C-	

