
SELF-ASSESSMENT IN LANGUAGE TEACHING AND LEARNING

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Till the 21st century, there were new views on the focus of language teaching pedagogy. English language and learning strategies changed over the period as the focus of the learning process became learner-centered. Thus, self-assessment has become an increasingly important practice in language learning, allowing learners to be engaged with their progress and take ownership of their learning process. This article explores the role of self-assessment in enhancing learners' English proficiency. It offers practical suggestions for integrating self-assessment into English language learning, such as using checklists, setting smart goals, and maintaining reflective journals. Self-assessment can serve as a crucial tool for language acquisition and learner empowerment.

Self-assessment encourages students to take responsibility for their learning and develop critical thinking skills. As it was stated by Oscarson (1989) self-assessment refers to the process in which learners evaluate their language skills and progress using various tools such as checklists, self-reflection journals, and rubrics. Research has shown that students who engage in self-assessment, demonstrate significant Improvements in speaking, writing, reading, and listening skills. In a study by Butler and Lee (2010), learners who used self-assessment tools regularly showed higher fluency and grammatical accuracy than those who relied solely on teacher evaluations. According to Boud (1995) and Little (1991), self-assessment enhances language learning by:

Promoting self-regulated learning and learner autonomy.

Increasing motivation by allowing students to track their progress.

Improving metacognitive awareness, helps learners identify the most effective study techniques.

While self-assessment is beneficial, some learners struggle with objectivity, either overestimating or underestimating their abilities (Ross, 2006). Teachers play a crucial role in training students to use self-assessment effectively by:

- a) Clear rubrics and guided self-assessment forms.
- b) Encouraging peer assessment to balance self-perceptions.
- c) Offering teacher feedback alongside self-evaluations to ensure accuracy. Effective self-assessment involves structured methods that guide students in evaluating their progress accurately. Moreover, teachers can create detailed checklists for learners to assess their grammar, vocabulary, pronunciation, and writing structure. Through self-assessment and evaluation, EFL learners develop language proficiencies significantly.

Reference:

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