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The benefits of self-assessment

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Abstract

The article deals with the challenges of self-assessment and places an emphasis on its paramount importance within teaching process. Based on direct observation our work analyzes the purpose of self-assessment accompanied by abundance of benefits coupled with teacher's feedback. The aim of the article is to exhibit and promote the role of students in educational activities granting them with the opportunity to independently carry out the process of self-assessment. Teachers' pivotal role must not be overlooked as they are delegated to enhance students' motivation remarkably, to obtain effectiveness and fruitful outcomes in the long run. Students with low self-esteem experience anxiety and depression. Low self-esteem by its nature is closely intertwined with academic performance and assessment. Hence, we believe that constructive and appropriate self-assessment with a help of a teacher will greatly contribute to raising students' self-esteem, honing their skills sharply and promoting academic performance significantly. Modern educational standards provide us with a plethora of possibilities to implement some innovations during teaching process and establish engaging, gregarious and welcoming environment. The article focuses on final results of our research conducted at BAU international university, examines the benefits of self-assessment and reveals students' mood and outlook in the process and bringing out the positive overall impact on their psyche.

Keywords: direct observation, self-assessment, self-esteem