

Am I Ready for More Challenge?

Choose real or fictional examples. Skip private details; never include passwords, medical information or contact details.

Learning goal: Reflect on evidence to decide whether you are ready for more challenge or need more support.

Feeling bored is a clue, not proof. Readiness means you can show the skill accurately, explain it and use it in a new situation. Sometimes the honest answer is “not yet,” and asking for support is just as smart as asking for challenge.

Your steps

1. Choose one skill you are working on.
2. Check the evidence you have.
3. Rate yourself on the challenge meter.
4. Decide what to ask for.

1. My readiness evidence

Check only what you can actually show.

- ☐ I got most problems right without help
- ☐ I can explain how and why it works
- ☐ I can use it in a new kind of problem
- ☐ I can find and fix my own mistakes
- ☐ I passed a pretest or quiz on it
- ☐ I still have questions about it

My addition / adjustment:

2. My challenge meter

Circle the level that fits this skill today, and write your evidence.

Level	What it means	My evidence
1 · Already mastered		
2 · Easy but still practicing		
3 · Challenges me and helps me grow		
4 · I need more instruction or support		

Am I Ready for More Challenge? · Practice & next steps

Continue your ideas from page 1. Write, draw, use symbols or ask someone to scribe. Share only what you choose.

3. My decision

Choose the request that matches your evidence.

My level today is... because...	I will ask for: challenge / support / keep going
What I will say or write	Who I will ask and when

My next step

The evidence that helped me decide most was...

Optional stretch · Grades 6–8

Compare two subjects. Explain why your readiness can be different in each one.

Optional teacher / parent follow-up: Readiness is skill-specific and changes over time. Never treat a student's self-rating as placement.