




DIRECTIONS: Consider the learning scale for the unit we are studying. Where is your current level of understanding and comprehension? Consider the Learning Goals and circle the icon next to the Learning Scale that best represents your confidence level.

LEVEL	How Confident I Am of My Progress.		
4	Awesome! I understand more than Mr. Webber taught me and am ready to help others or take on my own individual projects.	SWBAT: recognize concepts in everyday examples; teach the concepts; encourage and coach others	
<div style="text-align: center; color: yellow; font-size: 2em; font-weight: bold;">★ 3</div>	Yay! I know what Mr. Webber has asked me to learn!	SWBAT: Solve problems regarding work and power and recognize which equation to use based on the information provided; solve problems concerning kinetic and potential energies, work and power, solving for any variable.	
2	Hmm... I understand the basics but am still working on understanding the harder stuff. I think I need some more practice.	SWBAT: Distinguish between kinetic and potential energies (including gravitational and elastic potential energies); relate kinetic energy to mass and speed; calculate work and power directly.	
1	Retrieval – With some help, I can do it.	SWBAT: Compare and contrast, qualitatively, the concepts of work and power and the relationship between them; give examples of major forms of energy; give examples of how energy is produced for human consumption.	