

+ Can I usually...

Mark one response per row. Look for a pattern, not a score.

REFLECTION STATEMENT	Secure	Developing	Not yet secure
1 Balance chemical equations and understand what the coefficients mean?	☐	☐	☐
2 Move between mass, moles and concentration using a clear method?	☐	☐	☐
3 Explain a chemical trend instead of only memorising it?	☐	☐	☐
4 Rearrange straightforward equations and use basic algebra?	☐	☐	☐
5 Read a graph or data table without losing track of the variables?	☐	☐	☐
6 Identify why an answer was wrong after receiving feedback?	☐	☐	☐
7 Practise consistently rather than only before a test?	☐	☐	☐
8 Ask for help before a small gap becomes a large one?	☐	☐	☐

How to interpret the pattern

Mostly secure:

The foundation appears promising for HL, although university requirements and total workload still matter.

A mixture of secure and developing:

HL may be realistic, but the weaker areas should be identified and addressed early.

Several areas not yet secure:

Do not treat this as an automatic decision for SL. First determine whether HL is needed and whether the gaps can realistically be repaired.