Why is self-evaluation important in the learning process?

a) It helps students reflect on their own learning and set goals for improvement.

b) It is a way to punish students for poor performance.

c) It makes students feel uncomfortable and demotivated.

What is feedback in the learning process?

a) An evaluation of the student's performance at the end of the course.

b) A tool to provide information to students about their performance during the course.

c) A teaching technique used to motivate students.