

Internal and Thermal Energy - Matter in Motion

Self Evaluation



Before you begin the ITEM unit, take this self evaluation of your knowledge of internal and thermal energy. This completed evaluation will be for your eyes only, so answer honestly. As much of this information will be new to you, don't be surprised if your level of knowledge and understanding is low.

Circle the number corresponding to the statement which best represents your **Understanding (U)** and how **Knowledgeable (K)** you are about the internal and thermal energy words or phrases listed below:

- (5) Extremely High U & K (4) Very High U & K (3) Moderate U & K
 (2) Little U & K (1) No U & K

Selecting many Little or No U & K responses is expected at the start of the unit.

	Extremely High	Moderate	No Knowledge		
Emptiness of Matter	(5)	(4)	(3)	(2)	(1)
Atomic and Molecular Forces of Attraction	(5)	(4)	(3)	(2)	(1)
Kinetic Molecular Theory	(5)	(4)	(3)	(2)	(1)
Temperature	(5)	(4)	(3)	(2)	(1)
Internal Energy	(5)	(4)	(3)	(2)	(1)
Thermal Energy	(5)	(4)	(3)	(2)	(1)
Thermal Expansion and Contraction	(5)	(4)	(3)	(2)	(1)
Uniqueness of Water at 4 °C	(5)	(4)	(3)	(2)	(1)
Thermal Equilibrium	(5)	(4)	(3)	(2)	(1)
Laws of Cooling and Heating	(5)	(4)	(3)	(2)	(1)
Conduction	(5)	(4)	(3)	(2)	(1)
Free Electrons	(5)	(4)	(3)	(2)	(1)
Conductors	(5)	(4)	(3)	(2)	(1)
Insulators	(5)	(4)	(3)	(2)	(1)
Convection	(5)	(4)	(3)	(2)	(1)
Radiation	(5)	(4)	(3)	(2)	(1)
Specific Heat	(5)	(4)	(3)	(2)	(1)
Heat Capacity	(5)	(4)	(3)	(2)	(1)
Thermal Storage	(5)	(4)	(3)	(2)	(1)
Melting and Freezing Points.	(5)	(4)	(3)	(2)	(1)
Boiling and Condensation Points.	(5)	(4)	(3)	(2)	(1)
Condensation	(5)	(4)	(3)	(2)	(1)
Evaporation	(5)	(4)	(3)	(2)	(1)
Heat of Fusion	(5)	(4)	(3)	(2)	(1)
Heat of Vaporization	(5)	(4)	(3)	(2)	(1)
Refrigeration Cycle.	(5)	(4)	(3)	(2)	(1)
History Temperature Regulation	(5)	(4)	(3)	(2)	(1)

Upon completion of the ITEM unit evaluate your level of knowledge and understanding by **darkening** in the number corresponding to the same statements listed above.