



# Self-Assessment

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Before the training:** Place a ✓ in the box that best represents your current comfort level.

**After the training:** Place a ✓ in the box that best represents your new comfort level.

1 = Very uncomfortable 2 = Uncomfortable 3 = Neutral 4 = Comfortable 5 = Very comfortable

	Before					After				
	1	2	3	4	5	1	2	3	4	5
<b>General</b>										
<b>I am comfortable with my ability to . . .</b>										
Create an environment that stimulates children’s social, emotional, cognitive, physical, and language development.										
Create opportunities for children to learn from adults and other children.										
<b>Plan and Organize the Space</b>										
<b>I am comfortable with my ability to . . .</b>										
Design centers/areas for children that promote exploration and observation.										
Design a space for children that promotes movement and freedom of expression.										
Design a space for children that encourages role-playing and responsibility.										
Provide materials at centers/areas that support children’s social, emotional, physical, and cognitive development.										
Set up a space that helps children learn independence.										
<b>Establish Routines</b>										
<b>I am comfortable with my ability to . . .</b>										
Incorporate consistent, predictable routines throughout the day.										
Help children transition between activities.										
<b>Foster Exploration</b>										
<b>I am comfortable with my ability to . . .</b>										
Create safe indoor and outdoor spaces where children can explore.										
Choose materials that encourage children’s experimentation and exploration.										
Use language that guides children’s exploration and strengthens their vocabulary and conversation skills.										