

A blurred background image of a classroom. A teacher is standing in the center, looking down at a student. Several other students are seated at desks, some writing. The image is out of focus, emphasizing the text overlay.

# Self-Assessment Checklist for Teachers

**Are You Practicing These 7 Essential Qualities?**

# Introduction

Great teachers never stop growing! Reflect on your daily practices with this checklist to identify your strengths and areas to improve. Rate yourself honestly for each quality below.

# The 7 Qualities Checklist

## Instructions

✓ Check the box if you practice this consistently.

? Leave blank if you need to work on it.

## Qualities:

### 1. Empathy & Patience

- ☐ I adapt my tone/approach when students struggle.
- ☐ I actively listen without interrupting.

### 2. Adaptability

- ☐ I adjust lesson plans mid-class if students are disengaged.
- ☐ I incorporate student feedback into teaching methods.

### 3. Clear Communication

- ☐ I give specific, actionable feedback (not just 'Good job!').
- ☐ I explain complex ideas in simple terms.

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#### 4. Lifelong Learning

- ☐ I take at least 1 professional development course yearly.
- ☐ I seek peer feedback to improve.

#### 5. Classroom Leadership

- ☐ I maintain a respectful, inclusive environment.
- ☐ I address conflicts calmly and fairly.

#### 6. Creativity

- ☐ I use at least 2 interactive activities per week (e.g., games, debates).
- ☐ I tailor lessons to diverse learning styles (visual, auditory, etc.).

#### 7. Subject Mastery

- ☐ I stay updated on advancements in my field.
- ☐ I connect lessons to real-world examples.

# Scoring & Next Steps

## Rate Your Results:

- 6-7 Checks: You're a role model! Share your strategies with peers.
- 3-5 Checks: Solid foundation—focus on 1-2 areas to level up.
- 0-2 Checks: Time to prioritize growth. Start small!

Want actionable strategies to improve? Enrol in our [Teacher Training Program](#) for expert-led courses, lesson templates, and peer support!