

A blurred background image of a classroom. A teacher is standing in the center, looking down at a student. Other students are seated at desks, some writing. The overall scene 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!