

TEACHING SELF-ASSESSMENT #1

BEFORE CLASS, WRITE IN:

Note the date, time, type of class and who you're teaching.

1. What is my goal, in teaching today?
2. What am I going to do to clear my mind before class starts, so I could focus on my student(s) (example: calm breathing, listening to a song that boosts your confidence, using aromatherapy to get you in the zone, turning your cell phone on "Do Not Disturb", etc.)?

AFTER CLASS, WRITE IN:

1. Did I give my student(s) at least 2-3 clear cues for each pose?
2. Did I include the English pose name near the beginning of every pose? (Remember: doing this will make your job easier when you teach groups. The advanced students will go into the pose the second you say the name, giving your beginner students a visual.)
3. Did I offer any modifications if my students struggled?
4. Did I demonstrate difficult poses, or transitions, if my student(s) struggled?
5. Did I introduce myself and the name of the class?
6. Was my attention focused completely on my student(s) experience or was I distracted? (This one's hard when you're at home, especially if you have little ones. Just do the best you can, knowing that in studios or gyms there will be distractions, too, but you have to keep going and stay focused).
7. Did I start an end on time, teaching for 60 minutes?
8. Did I offer an intention or theme throughout class?
9. Did I remember the sequence (it's okay to look at notes, just do it discreetly).
10. Did I explain any benefits (example: "this pose strengthens your legs"), so my student(s) knew why they were working so hard?
11. Did I acknowledge my student(s) effort when I saw them working hard?
12. If I asked for feedback (I don't have to), what did my student(s) say?
13. Did I meet the goal I set before class?
14. What should I focus on the next time I teach (pick 1-2).