

NAME \_\_\_\_\_ HOUR \_\_\_\_\_

### PERSONAL ASSESSMENT AND GOAL SHEET

It is vital that child care providers are aware of their strengths and weaknesses and constantly work to improve them. Use this guide to assess your own personality and set goals for improvement. Rate each area from 1-5, then set a goal for improvement. 5=excellent, 4=very good, 3=good, 2=fair, 1=poor

#### RESPECT

- \_\_\_\_ Appreciation for other cultures and languages  
 \_\_\_\_ Stereotyping because of economic status, physical appearance, dress, etc.  
 \_\_\_\_ Biases caused by physical disabilities  
 \_\_\_\_ Appreciation of uniqueness in individuals  
 \_\_\_\_ TOTAL  
 Personal goal for improvement: \_\_\_\_\_  
 \_\_\_\_\_

#### ACCEPTANCE OF CHILDREN

- \_\_\_\_ Acceptance of **all** children  
 \_\_\_\_ Appreciation of each stage of a child's development  
 \_\_\_\_ Acceptance of the misbehaving child  
 \_\_\_\_ TOTAL  
 Personal goal for improvement: \_\_\_\_\_  
 \_\_\_\_\_

#### PATIENCE

- \_\_\_\_ Accepting a child's work when it is not done as well as you could have done it  
 \_\_\_\_ Repeating information many times without feeling frustrated  
 \_\_\_\_ Repeating rules over and over without becoming upset  
 \_\_\_\_ Ability to allow lots of time for seemingly simple tasks  
 \_\_\_\_ TOTAL  
 Personal goal for improvement: \_\_\_\_\_  
 \_\_\_\_\_

**FLEXIBILITY**

- Ability to change activities to better suit the children's needs
- Ability to adapt from the day's planned activities when necessary
- Sensitivity to the needs of the children
- When an unplanned event occurs, ability to build on it (spontaneity).

TOTAL

Personal goal for improvement: \_\_\_\_\_

\_\_\_\_\_

**ACCEPTING DIVERSITY**

- Feeling compassion toward all children
- Accepting ways of doing things that differ from your own
- Avoiding punishment and shaming
- Accepting negative feelings and finding acceptable means of dealing with them

TOTAL

Personal goal for improvement: \_\_\_\_\_

\_\_\_\_\_

**LISTENING**

- Really listening to what children are saying
- Expressing to the child what you think he/she feels
- Talking with the children, rather than at them
- Awareness of stresses the child may be experiencing
- Speaking to a child at eye level
- Listening with an accepting face and body language

TOTAL

Personal goal for improvement: \_\_\_\_\_

\_\_\_\_\_

**SENSE OF HUMOR**

- Being a positive, cheerful person
- Ability to use humor in difficult or stressful situations
- Laughing with, not at, the children

TOTAL

Personal goal for improvement: \_\_\_\_\_

\_\_\_\_\_

**CREATIVITY** Plan for activities which enhance creativity and individual expression Avoid activities or projects which must all look the same Constantly searching for new ideas TOTAL

Personal goal for improvement: \_\_\_\_\_

\_\_\_\_\_

**SELF CONTROL** Remaining objective even when upset Does not get upset easily Can remain calm when others are not Maintains control of personal actions Not letting personal problems affect your interaction with the children TOTAL

Personal goal for improvement: \_\_\_\_\_

\_\_\_\_\_

**COMMITMENT/PROFESSIONALISM** Attends classes and seminars to keep current Studies and reads to improve skills Plans curriculum which addresses all areas of a child's development Plans curriculum which provides a balance between active and still activities Comes to class on time Makes up work when absent Dresses appropriately Uses appropriate language TOTAL

Personal goal for improvement: \_\_\_\_\_

\_\_\_\_\_

My strongest area is \_\_\_\_\_

My weakest area is \_\_\_\_\_

List the reasons why you think you will be a good child care provider: