OPTION 2—PERSONAL REQUIREMENTS OF CHILD CARE PROVIDERS

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: