

Apprentice Self-Reflection

IdahoSTARS ★ 1471 Shoreline Drive, suite 202 ★ Boise, ID 83702 or Call the 2-1-1 Idaho CareLine by dialing 2-1-1 or 1-800-926-2588

Name: _____ Date: _____

Please check the box that corresponds in each section.

Y = Yes, I am like this **L** = This is something I can learn

PERSONAL QUALITIES AND PRESENCE

Y L

- I am relaxed and comfortable, yet alert
- I maintain good eye contact; often get down to a child's eye level
- I speak with a voice that is gentle, quiet, calm and firm; sends messages that are direct and clear
- I have a clean, healthy, professional appearance and wear clothes that are appropriate to the day's work
- I listen carefully and respectfully
- I touch children often with movements that soothe, guide, redirect, reassure, reinforce
- I have a high tolerance for noise and movement and don't expect order every moment

DESIGN OF LEARNING ENVIRONMENT

Y L

- I create an environment where children are comfortable enough to verbalize their feelings
- I create an atmosphere that is comfortable, home-like and safe
- I provide an organized, structured schedule to reassure children
- I foster inquisitiveness about the physical world
- I facilitate social interactions among children
- I question and explore with children so that all learn through discovery
- I maintain an organized, clean classroom/home
- I consider the outdoors part of the learning environment

Y = Yes, I am like this L = This is something I can learn

CARE GIVING STYLE AND STRATEGIES

Y L

- I enjoy children and express genuine interest in them
- I am willing to learn from children and follow their lead
- I relate to each child's personality and developmental level
- I use positive statements
- I create opportunities for one-to-one activities with children
- I am aware of differing moods of children, and adjust standards for them when they are fatigued, irritated, over stimulated, or stressed
- I remain in control in difficult situations
- I enjoy humorous incidents with children, and am able to laugh with them
- I have a plan and a set of goals for each day
- I set consistent, realistic limits
- I provide guidance in the development of good habits for eating, resting, toileting, learning, and exercising
- I am responsive to children's rhythms and tempos
- I honor cultural differences