

Reflecting on teaching and learning

Trainee's Name _____

How would you rate your confidence levels against the following activities?
Please tick 1=Excellent 2=Very Good 3=Good 4=Satisfactory 5= Need a bit of support
6= need lots of support

Performance criteria	1	2	3	4	5	6
Preparing a scheme of work						
Preparing a lesson /session plan						
Preparing learning materials						
Using visual aids						
Using ICT						
Getting a session off to a flying start						
Maintaining an appropriate pace during the session						
Knowledge and understanding of the subject matter						
Developing and maintaining a positive relationship with learners						
Being able to draw on a wide range of learning activities						
Integrating key skills or basic skills						
Assessing that learning has taken place.						
Providing constructive feedback						
Using other learner support						
Sustaining a challenge to learners throughout the session						
Encouraging learners to take responsibility for their own learning						
Meeting the needs of all the different learners						
Having a range of strategies that require responses in different forms, verbal, written and practical						
Praising learner achievement						
Sharing good practice						
Raising learner achievement						

Please give a copy of this reflective analysis to your mentor. It can be used as a starting point for discussion as well as a tool to monitor progress.