



START WITH SUCCESS

Checklist For Personal Improvement

Instructions: In the columns in the checklist, write in a number from 1-10 indicating your belief about your skill, understanding or comfort level with that area. A “1” means very minimal skill and/or low comfort level. A “10” means high skill, understanding, competence, or strong comfort level. The column “Beginning” is for when you first began teaching. The column “Today” is how you feel today.

TOPIC AREA	BEGINNING	TODAY
Curriculum		
Understanding of State and District Standards		
Curriculum Planning		
How Assessment and Curriculum are Related		
Instruction		
Lesson Planning		
Strategies for Teaching		
Understanding Your Audience		
Self-Assessment and Reflection		
Assessment		
Planning for the FCAT		
Other Types of Standardized Testing		
Accountability		
Dealing with Stress & Test Anxiety		
Communicating to Students and Parents		
Classroom Management		
Planning, Pacing and Preparation		
Time Management		
Classroom Atmosphere		
Behavior and Discipline Problems		
School Culture and the Administration		
Handling Paperwork		
Knowing And Motivating Students		
Learning Styles		
Multiple Intelligences		
Energizing Yourself and Your Students		
Techniques for Motivation		

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TOPIC AREA	BEGINNING	TODAY
Family Communication		
Open House and Parent Conferences		
Written & electronic communication to parents		
Telephone conversations with families		
How to increase family participation		

How did you do? Did you increase in any areas? Did you stay the same? This checklist can be your guide to areas you need to work on. It can also help you to see that you are growing as a teacher! Try going through the list again in a few months to see your improvement from today.