# Self-Assessment

**Name:** __________________________  **Date:** __________________________

**Before the training:** Place a ✓ in the box that best represents your current comfort level.

**After the training:** Place a ✓ in the box that best represents your new comfort level.

1 = Very uncomfortable  2 = Uncomfortable  3 = Neutral  4 = Comfortable  5 = Very comfortable

<table>
<thead>
<tr>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

### General
- I am comfortable with my ability to . . .
- Build positive and collaborative relationships with families.
- Encourage families to participate actively in their child’s learning.

### Build Relationships with Families
- I am comfortable with my ability to . . .
- Provide families with information about what children are learning.
- Understand the expectations each family has regarding family involvement.
- Use a variety of methods to effectively communicate with every family (e.g., bulletin board, newsletter, blog, emails).

### Help Families Extend the Learning
- I am comfortable with my ability to . . .
- Provide families with clear and explicit examples of ways to use key learning strategies and activities at home.
- Tell families how to develop daily routines that incorporate learning experiences.
- Convey to families how to find organic opportunities for learning within everyday activities.