



LCA Teacher Self-reflection Sheet

Quality Criteria for the LCA & Learn & Lead Implementation Outside a Classroom

1.	Please write down your full name
2.	Choose your job position. If you have more than one position, mark them all. a. Teacher b. Trainer c. Leader d. Developer / Manager e. Other
3.	What new have you learnt this year? (self-awareness)
4.	Can you state that you have improved some of your weak points during this year? Please explain (self-awareness)
5.	What improvement have you suggested to and introduced to your organization during this year? (self-awareness)
6.	What biggest achievement have you reached this year? (Guiding one's further development)

7.	What has it strengthened in you? (Guiding one's further development)
8.	What are your targets for this year? Please write them down here: (Guiding ones further development)
9.	How happy are you with your performance this year (Guiding ones further development)? a. Fully satisfied b. Fully satisfied, but I would improve something c. Satisfied, but I need to improve many things d. More unsatisfied than satisfied, I don't know if I am in the right place e. Not satisfied, I am thinking about leaving my job
10.	Is the satisfaction of your students/pupils improving this year?
11.	Has there been any stressful situation this year? Please describe one. How did you cope with it? Did you use any specific strategy? (resilience and stress management)
12.	How do you try to handle and prevent the stressful situations in general? (resilience and stress management)
13.	Did you support your colleagues in coping with stressful situation? If yes, please describe (resilience and stress management)

14.	Do you think it is important to link the education with the needs for the real life? If yes, how do you do that?(global context)
15.	Did you participate in events connected to your professional development in the last year (trainings, seminars, conferences)? (global context/guiding one's further development)
16.	What did it bring to you, how it helped you to develop? (guiding one's further development)
17.	Can you state, that during the last year you developed your personal skills (critical thinking, creativity, etc.)? What skills and in which ways? (global context)
18.	Does your personal development have any impact on your colleagues or the school you are working in? (global context/guiding one's further development)
19.	How do you communicate and how proactive are you in communication with colleagues and management (Communication and co-operation)?
20.	How do you communicate and how proactive are you in communication with learners' parents (Communication and co-operation)?