

<i>The teacher can select which of the following items are accomplished, which aren't, and which are sometimes accomplished.</i>		Yes	No	Sometimes
A	PLANNING			
	I can identify the students' needs, interests and previous knowledge.			
	I'm able to integrate non-directly related contents to the lesson.			
	I prepare the lessons before hand.			
	I can adapt the contents to the scheduled time.			
B	INTERPERSONAL COMPETENCES			
	I know how to establish positive relationships with and among the students.			
	I'm able to create a positive learning atmosphere and how to motivate students to actively participate in the classroom.			
	I enjoy teaching.			
	I'm good at communicating. I take into account not only linguistic content but also gestures, position in class, tone of voice, etc.			
C	METHODOLOGY			
	I can apply different student-centered learning methods in order to stimulate the teaching and learning process.			
	I can combine different teaching styles: cooperative learning, master class, etc.			
	I encourage the students to participate actively.			
	I can foster autonomy strategies in the teaching and learning process.			
	I plan diverse, motivating and challenging activities for the students.			
	I make continuous feedback to know the achievement levels in class.			

D	RESOURCES			
	I can use the ICT in benefit of the lesson.			
	The materials and resources are adjusted to the learning goals.			
	I use a wide variety of resources and materials in order to cover all aspects in the learning process.			
E	LIFE LONG LEARNING			
	I control the contents I teach and therefore, I can explain them clearly.			
	I regularly participate in courses and seminars related to the subject I teach.			
	I'm aware of the importance of sharing knowledge and experience with other colleagues.			
F	ASSESSMENT			
	I know and I apply different assessment methods, including student self-assessment and teacher self-assessment.			
	I'm aware of the importance of thinking about the teaching and learning process in order to improve my task as a teacher.			
	Students know the assessment criteria before I start the lesson.			