

Reflection: on a scale of 1 – 10, I'm number

Circle the option which best fits your teaching experience

10	I spend a lot of time on lesson preparation	Always/Often/Sometimes/Rarely/Never
9	I prepare a detailed a lesson plan and follow it to the letter	Always/Often/Sometimes/Rarely/Never
8	My planned activities are timed and run to plan	Always/Often/Sometimes/Rarely/Never
7	I feel dissatisfied with my lesson if I don't complete all the planned activities	Always/Often/Sometimes/Rarely/Never
6	I use a lot of paper-based supplementary material	Always/Often/Sometimes/Rarely/Never
5	I feel dissatisfied with my lesson if I don't use all the material I have prepared	Always/Often/Sometimes/Rarely/Never
4	I repeat a lot of lessons	Always/Often/Sometimes/Rarely/Never
3	I improvise or make changes to my lesson plan during the lesson	Always/Often/Sometimes/Rarely/Never
2	I abandon my lesson plan	Always/Often/Sometimes/Rarely/Never
1	My unplanned lessons work well	Always/Often/Sometimes/Rarely/Never