

Periodic Self-evaluation for Teaching

List of Criteria to Consider

Preparation

Systematic lesson prepared in advance
Lesson memorized or notes prepared
Early arrival, room preparation
Greeting
Warm-up prior to class as needed, stomach empty

Personal Appearance

Modest and clean appropriate attire
Body language befitting of an *acharya* – stance, postures, vocal tone, manner

Communication

Use of language: good tempo, respectful, appropriate, clear, etc.
Observe students in their practice, make eye contact, step in if needed to assist
Offer adaptations, variations, improvisation, opting out
Focus on students and not own personal practice
Offer advanced variations for students ready to go on
Give time in class for silent practice
Demonstrate correctly for own level of accomplishment
Guide students verbally to get them to do what is described
Spot and adjust postures and practices with awareness, respect and non-violence

Competence

Careful and informed observation
Appropriate and considered adjustments
Offer inspiration, gain confidence of students, gain their trust
Teaching from your practice and experience
Be Human-it's OK to not know something (no one knows everything, even in Princeton!)
Handling transitions, interruptions and questions and getting back to lesson plan
Sensitivity to group needs, energy, fitness level, ability to alter lesson plan accordingly

Appropriateness

Avoid sexual areas when touch is needed for adjustment
Use care when giving adjustment to individuals and corrections to the group
Avoid talking a lot about your self, your issues, etc. Examples are OK
Stories or scriptural recitation, yoga teachings that are not in context or too obscure
Avoid negative talk, self deprecation, put downs

Timing

Start and end class on time
Give enough time for the students to be satisfied by what practices you offer
Allocate time to each practice to offer a balanced class
Know ahead what you may need to delete to make up for time lost on other segments
Be available for questions at the beginning or end of class, or by phone/email.