

SELF-ASSESSMENT
BY WABA INSTRUCTOR TRAINEE

Class (please circle) WATSU®1 WATSU®2 WATSU®3

Instructor Trainee _____

Co-Instructor #1 (red) _____ **Class End Date** _____

Co-Instructor #2 (blue) _____ **Class End Date** _____

Co-Instructor #3 (green) _____ **Class End Date** _____

Coach Advisor (purple) _____ **Class End Date** _____

Instructions:

Please complete this Word document form on your computer so the cells can expand as needed for comments.

Each Co-Instructor and Coach Advisor will complete this form using a different color for all documentation, including number scores, specific comments, and a summary of observations and comments at the end of this form.

The Trainee also needs to use the same color as the SI/CA for each class when writing observations and comments at the end of this form.

When this form has been signed by the Trainee and the Instructor, the Trainee saves this Word document to give to the next instructor to complete.

Please score each item (1-5)

- 1 needs improvement
- 2 beginning level of competence
- 3 expected level of competence
- 4 area of strength
- 5 area of special strength
- n/o no opportunity to observe

The Trainee and Instructor each need to save this completed form as a Word document after this documentation is completed for each class. Please retain these copies for future reference if needed.

At the end of each class:

- **Trainee and Instructor complete this form on a computer**
- **Trainee saves this completed copy to give to next instructor to add his/her documentation**
- **Trainee and Instructor each keep a copy of this completed form to refer back to at a later date if needed**

Please add comments using the color that corresponds with your class date, so it will be clear which date, class and SI/CA generated each comment.

When you complete this Word Document form on a computer, the cells below will expand as needed for your comments.

PLEASE enter your class date. PLEASE use the color of your class date when scoring and giving specific feedback below.	Class Date	Class Date	Class Date	Class Date
	Score	Score	Score	Score
Is an attentive and thoughtful listener				
Shows awareness and presence during classes and during interactions with others				
Requests, accepts, responds to and implements feedback appropriately				
Is able to clearly & accurately express own emotions				

Please score each item (1-5)

- 1 needs improvement
- 2 beginning level of competence
- 3 expected level of competence
- 4 area of strength
- 5 area of special strength
- n/o no opportunity to observe

Gives effective, constructive feedback				
Uses positive, effective, non-judgmental communication skills that support growth and success				

Is a team player				
Is sensitive to boundaries in and out of class				
Recognizes and admits mistakes				

Responds appropriately to people in stress and emotional pain				
Manages own stress				
Has a positive and constructive sense of humor				

Works effectively with SI/CA and students				
Is punctual for all activities (land and pool classes)				
Is able to establish effective rapport by creating an unspoken atmosphere of comfortableness				

Please score each item (1-5)

- 1 needs improvement
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- 3 expected level of competence
- 4 area of strength
- 5 area of special strength
- n/o no opportunity to observe

Is able to acknowledge the needs behind feelings of others				
Reinforces respectful interactions among students.				
Treats students equally, without favoritism.				

Can articulate the strengths and challenges of students				
Is able to change tactics midstream when something isn't working in class				

Can be trusted to keep confidences and agreements				
Has solid knowledge and understanding of Watsu®				
Is sensitive to and able to adapt to changing conditions in environment, self and others				

Is usually able to quickly assess the primary one or two difficulties a student is having during practice and then gently and effectively guide the student to success				
Is able to assess what he/she is doing in class that is working, what is not working, and how it could be improved				

Please score each item (1-5)

- 1 needs improvement
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- 3 expected level of competence
- 4 area of strength
- 5 area of special strength
- n/o no opportunity to observe

Designs learning experiences that touch on all learning styles				
Is able to input classes, students and pay fees on WABR				

Instructor Trainee: Additional comments (please use correct color)
Use this same box for your comments and signature for each class, using the appropriate color for each.
This box will expand as needed.

Instructor Trainee Sign and Date

SI/CA Sign and Date