

Student Teacher Practicum Assessment

Student Teacher *Legal Name:* _____ *Spiritual Name:* _____

Assessing Trainer : _____ Practicum #: _____

Date: _____ Small Group: _____

<i>Mark your assessment for each item on the scale with an "X"</i>	Needs Improvement	Satisfactory/ V.Good	Comments
Appearance			
Wears meditative, non distracting clothing (white recommended)			
Demonstrates through their practicum and conversations with a trainer if necessary that they are in conscious relationship with the technologies of clothing, hair and head coverings			
Preparation			
Arrives early enough to host the class			
Introduces him/herself			
Tuning In			
Mantra: rhythm, pronunciation, pitch			
Projection			
Good posture and nonverbal cues			
Confident			
If notes are used: without distraction or disruption of class flow			
Voice: loud enough, clear, understandable			

Gives clear instructions and commands without “asking the class” what to do			
Encourages or inspires students			
Mindfully Monitors the class and each student			
Kriya			Name of Kriya:
If warm-ups are needed, are they appropriate and noted as warm-ups			
Description & effects of kriya given			
Even pace; breaks between exercises appropriate to the level of the class and nature of the kriya			
Reminders to focus, breathe, and straighten posture (when appropriate)			

Reminders to mentally chant Sat Nam or be mindful when appropriate to engage student attention and presence			
Appropriate timing of exercises for class level			
Clear instructions and encouragement of proper “inhale”/ “exhale” patterns			
Ending of each exercise clearly indicated			
Meditation			Name of Med.:
Clear, precise instruction/ demonstration			
Name, when it exists, and benefits of meditation given			
Able to carry the mantra (projection, rhythm)			

Smooth ending			
Relaxation			
Leads students into relaxation			
Leads students smoothly out of relaxation			
Time			
Began and ended the class on time			
Appropriate balance of kriya, meditation, relaxation			
Ending			
Long Time Sun/ Sat Nam completed			
Blessing /Prayer given			
Smooth closing			
<p>Intangibles: note the immediate feelings and impact that the teacher imparts to you as a student or observer. This notes presence, projection, emotional qualities, spiritual frequency, intelligence, kindness, etc that are sensed not measured.</p>			