



Self-assessment test for childcarers

We have created this self-assessment test to help you decide whether becoming a childcarer corresponds with your personality, skills and job expectations.

For the self-assessment questions, indicate the degree to which the given statements apply to you. In order to receive the most accurate results, please answer each question as honestly as possible. Choose responses that most closely describe your actual thoughts, feelings, and behaviors.

| No. | Question | Strongly agree | Agree | Rather agree | Rather disagree | Disagree | Strongly disagree |
|-----|---|----------------|-------|--------------|-----------------|----------|-------------------|
| 1 | I'm enthusiastic about taking care of children and showing an interest in them and their family. | | | | | | |
| 2 | I am not responsible for a child's social or emotional well-being - only his or her physical. | | | | | | |
| 3 | I'm able to guarantee a regular, sustained active presence. | | | | | | |
| 4 | I'm able to adapt to people and the environment in order to establish positive relation with children and their's parents. | | | | | | |
| 5 | Sharing information about a family you worked for is fine as long as you are no longer in their employ. | | | | | | |
| 6 | I'm able to document regularly important information in connection with children (e.g. feeding schedules, allergies, expenses, doctor and dentist appointments for the kids, etc.). | | | | | | |
| 7 | Breaking a few of the parents' rules (not letting the kid watch TV, eat junk food, etc.) is fine as long as it's not done too often. | | | | | | |
| 8 | I find it difficult to keep up with the energy level of children. | | | | | | |
| 9 | I encourage children to express their thought, feelings, questions and inspire theirs confidence. | | | | | | |
| 10 | When a child is scared or worried I'm able to find a way to comfort him/her. | | | | | | |
| 11 | I feel that it is my duty to help those who cannot help themselves. | | | | | | |
| 12 | I analyze problems to find solutions and to make a decision. | | | | | | |
| 13 | I try to keep cool in all circumstances and I'm able to deal with unusual situations and stay cool. | | | | | | |
| 14 | Even when children are not on their best behavior, I still enjoy being around kids. | | | | | | |
| 15 | No matter how angry or upset I feel, I am able to keep myself composed if necessary. | | | | | | |
| 16 | I can't help but get annoyed when a child constantly asks questions. | | | | | | |
| 17 | I have creative ways of making less desirable activities (e.g. cleaning up) more fun. | | | | | | |
| 18 | I like to keep up to date and learn new things. | | | | | | |
| 19 | I care about the hygiene, cleanliness and my appearance. | | | | | | |
| 20 | I can recognize the safety hazards in the environment. | | | | | | |