



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 behaviours.

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 care.						
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 relationships with children and their 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 routine, important information in connection with children (e.g. feeding schedules, allergies, expenses, doctor's and dentist's appointments, etc.).						
7	Breaking a few of the parents' rules (not letting the child 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 thoughts, feelings, questions and inspire their 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. (e.g. children)						
12	I analyze problems to find solutions and to make decisions.						
13	I try to keep cool in all circumstances and I'm able to deal with unusual situations and stay calm.						
14	Even when children are not on their best behavior, I still enjoy being around them.						
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 hygiene, cleanliness and my appearance.						
20	I can recognize the safety hazards in the environment.						

Answer key:

The number of points on a scale from 0 to 5 are assigned to each answer;
The table below presents the assigned points.

Question number	Strongly agree	Agree	Rather agree	Rather disagree	Disagree	Strongly disagree
1						
3						
4						
6						
9						
10						
11						
12	5	4	3	2	1	0
13						
14						
15						
17						
18						
19						
20						
2						
5						
7	0	1	2	3	4	5
8						
16						

Interpretation of results:

0 – 50 Unfortunately, the test results are quite low. It seems that working as a child carer may not be compatible with your professional expectations and predispositions. A visit to a vocational counselor will definitely help to learn about your strengths and possible career paths.

51 – 75 The test results are quite high. It seems that you like spending time with children, but think about whether taking a job as a carer for children will satisfy you? In childcare work it is necessary not only to fulfill the child's needs and provide secure and interesting activities, but also to meet the parent's expectations.

A career counselor will help you determine your predispositions and strengths, maybe a different career path will allow you to find your dream job?

76 – 100 Congratulations. The test results are close to the points obtained by professionals. It seems that you have the right predisposition and attitude to work with children. A vocational counselor could help you to confirm your predispositions and plan your future career path.