

Name of Student: _____ Name of Kriya: _____

Student Teacher Practicum Assessment

Name of Student Teacher: _____ Time/Date: _____

Check in Group: _____ Check-in Group Leader: _____

Name of Student Assessor: _____ Type of Class: _____

<i>Mark your assessment for each item on the scale with an "X"</i>	Needs Improv	Satisfactory I-----I	V.Good -----I	Comments
Appearance				
Wears graceful, appropriate white clothing				
Hair tied back (up preferable)				
Wears a head covering (preferably white)				
Preparation				
Arrives early enough to host the class				
Music/lighting prepared for the entrance of students				
Introduces him/herself				
Tuning In				
Mantra: rhythm, pronunciation, pitch				
Music				
Type, volume, flow				
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				

Name of Student: _____ Name of Kriya: _____

<i>Mark your assessment for each item on the scale with an "X"</i>	Needs Improv	Satisfactory I-----I	V.Good -----I	Comments
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				
Atmosphere adjusted (lights, music, other noises)				
Leads students into relaxation				
Leads students smoothly out of relaxation				

Name of Student: _____

Name of Kriya: _____

<i>Mark your assessment for each item on the scale with an "X"</i>	Needs Improv	Satisfactory I-----I	V.Good -----I	Comments
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>				

Name of Student: _____ Name of Kriya: _____

Kriya Comments:	
Exercise #1	
Exercise #2	
Exercise #3	
Exercise#4	
Exercise #5	
Exercise #6	
Exercise #7	
Exercise #8	
Exercise #9	
Exercise #10	

Meditation Comments: