UNDERSTANDING SELF-STUDY



Self-study is an intentional process that allows an individual to review their current practices for ongoing learning and growth. This document will provide information about the four recommended steps that are repeated as a way to continue developing quality for your program. Many early childhood educators make positive adjustments daily based on the children's needs and are continually working towards improvement. Each educator will approach this process differently based on the individual needs of the program. There are many options. Regardless of the approach taken, a self-study should work towards meeting program goals and needs.

Self-Assess Think about current situations to figure out what is working and what could be worked on. Reflect Act What is most important and Implement the plan and make possible right now? What notes about how it is going and resources do you need? any changes. Plan Develop a plan of action based on your reflections, learning, and research.

After "acting" over a period of time, it is important to re-evaluate. Spend time again in self-assessment to determine how your plan was implemented, if it was effective, and what changes can be made in the next cycle.