

Self-reflection checklist for VET professionals

Understanding Autism and individual needs

- Do I understand the characteristics, challenges and strengths associated with autism?
- Am I aware of the specific needs and preferences of each autistic student in my classroom?
- Have I sought feedback or input from parents, caregivers, or specialists regarding individual students?

Communication and instructional strategies

- Do I communicate clearly and effectively with all students, using simple language and visual support when necessary?
- Am I using varied instructional strategies to accommodate different learning styles and abilities?
- Have I differentiated the tasks and instructions to meet the needs of autistic students, ensuring they have access to the curriculum?

Classroom environment and support

- Is my classroom environment sensory-friendly and conducive to learning for all students, including those with sensory sensitivities?
- Have I provided visual schedules, cues, or supports to help students understand expectations and transitions?
- Do I regularly assess and adjust the physical setup of my classroom to meet the needs of autistic students?
- Have I established clear expectations and routines, and do I provide visual reminders?

Social and emotional support

- Am I fostering opportunities for social interaction and peer relationships among all students, including autistic students?
- Do I provide opportunities for students to practice and develop social skills in structured settings?
- Have I implemented strategies to support emotional regulation and well-being for all students in my classroom?

Collaboration and professional growth

- Do I actively seek opportunities for professional development related to autism awareness and inclusive practices?
- Am I open to feedback from colleagues, parents, and students regarding my teaching methods and interactions?
- Have I collaborated with parents or caregivers to understand their perspectives and support their child's learning?

Reflection and adjustment

- Do I regularly reflect on my teaching practices and student interactions to identify areas for improvement?
- Have I adjusted my instructional strategies or classroom environment based on feedback and observations?
- Do I document and track progress for individual students, making data-driven decisions to support their educational goals?

Personal growth and well-being

- Am I taking care of my own well-being and managing stress to maintain a positive classroom environment?
- Do I seek support or resources when needed to address challenges related to supporting autistic students?
- Have I created a professional development plan to continue growing in my understanding and support of autistic students?