Mock teaching rehearsal checklist

TEACHER SELF-REVIEW / 试讲自查清单 • 10-minute reading demonstration

Name: _____ Rehearsal date: _____

Before the rehearsal / 练习前

- ☐ I can explain the lesson objective in one sentence.
- ☐ My chosen reading passage is original and readable within the time available.
- ☐ My board plan uses only three core ideas.
- ☐ I can teach without relying on slides, video or internet access.

During the 10-minute demonstration / 试讲中

- ☐ I start with a relevant question rather than a long introduction.
- ☐ I give a reason to read before asking students to read.
- ☐ I distinguish skimming (main idea) from scanning (specific details).
- ☐ I ask at least one open-ended question and model a possible response.
- ☐ I give specific encouragement and a constructive correction.
- ☐ I make transitions clear, speak at a natural pace and finish on time.

After the rehearsal / 试讲后

Focus	Self-rating 1–5	One improvement for next time
Timing and pacing	____ / 5	_____
Instruction clarity	____ / 5	_____
Student engagement	____ / 5	_____
Evidence-based reading	____ / 5	_____
Feedback and English	____ / 5	_____

Reflection / 反思

The strongest moment was: _____

Next rehearsal I will improve: _____

Important: different employers and provinces may use different interview formats. This checklist is for personal rehearsal; it is not an official scoring rubric.

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