



**ADMINISTRATORS**

## Stage of Change Scale

*Assessment*

Administrators can use this assessment tool to gauge the readiness of potential protégés.

# Stage of Change Scale For Early Education and Care 2.0 Self-Report Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_

For each row (across), check one phrase that best completes the following: **“When it comes to my child care practices/program...”**

1→	I don't plan to make any changes <input type="checkbox"/>	I think about making a change but can't do it now <input type="checkbox"/>	I'm planning to make a change <input type="checkbox"/>	I'm working to change something right now <input type="checkbox"/>	I'm making sure I don't go back to my old ways <input type="checkbox"/>
2→	I don't think I need to make any changes <input type="checkbox"/>	I might need to make a change someday <input type="checkbox"/>	I need to make some kind of a change <input type="checkbox"/>	I know what I need to change <input type="checkbox"/>	I think about how to keep up changes I've made <input type="checkbox"/>
3→	I don't need any new information <input type="checkbox"/>	I might look for new information in the future <input type="checkbox"/>	I'm interested in learning new information <input type="checkbox"/>	I'm finding new information on my own <input type="checkbox"/>	I often learn a lot about the things I want to change <input type="checkbox"/>
4→	I don't think making a change would help the children <input type="checkbox"/>	I think making a change might help the children <input type="checkbox"/>	I believe that when I make a change, it will help the children <input type="checkbox"/>	I see how a change that I made helped the children <input type="checkbox"/>	I often make changes so I can help the children <input type="checkbox"/>
5→	I don't have the power to make any changes <input type="checkbox"/>	I feel overwhelmed by the thought of changing <input type="checkbox"/>	I believe I can change, even if it isn't easy <input type="checkbox"/>	I've made changes before, even though it isn't always easy <input type="checkbox"/>	I'm confident I can keep up the changes I've made <input type="checkbox"/>
6→	I don't have anyone who would support me in making a change <input type="checkbox"/>	I don't know whether anyone would support me in making a change <input type="checkbox"/>	I know someone who would support me in making a change <input type="checkbox"/>	I know several people who support me in making changes <input type="checkbox"/>	I'm active in a community that supports change <input type="checkbox"/>
7→	I don't think of myself as a professional <input type="checkbox"/>	I might feel more professional if I made a change <input type="checkbox"/>	I'm beginning to think of myself as a professional <input type="checkbox"/>	I feel like a professional because of a change I have made <input type="checkbox"/>	I feel like a true professional because I often make changes <input type="checkbox"/>