

Where are you on your ProSub Journey?



Congratulations

You have taken the first step in showing up – for yourself!!

As you work through the quiz, choose the first answer that feels right to you. There are no right or wrong responses, only information to guide you.

Becoming a confident ProSub takes time. It is a process of continual growth and ***so worth it.***

Your best next steps to keep the momentum going are laid out in the score interpretation explanations. Let's get started!!

Question 1: How comfortable are you managing student behavior?

- A) Very comfortable — I have strategies and confidence.
- B) Somewhat comfortable — I'm learning and open to growth.
- C) Not comfortable — I worry about discipline and control.

Question 2: How do you feel about teaching without a detailed lesson plan?

- A) Confident — I can adapt and create engaging activities.
- B) Somewhat confident — I prefer having a plan but can manage.
- C) Not confident — I need clear instructions to teach effectively.

Question 3: Which grade levels do you feel best suited to work with?

- A) Love them — all ages
- B) Prefer certain age groups
- C) I'm not sure what is a good fit for me.

Question 4: How do you handle conflict or misbehavior?

- A) Calm and confident – I have solid skills.
- B) Nervous but I try - Sometimes it works and sometimes it doesn't.
- C) I avoid conflict – It's easier to just go with whatever.

Question 5: How do you handle uncertainty about work schedules and school breaks?

- A) Not a problem - I look forward to them and have plans for income during breaks.
- B) I have concerns - It's not a deal breaker, I'm willing to find solutions.
- C) I'm unsure – I worry about gaps in work.

Question 6: How comfortable are you giving directions?

- A) Very comfortable – I'm assertive in a professional way.
- B) Somewhat comfortable — I want to learn more strategies.
- C) Not comfortable at all – I need routines to already be in place.

Question 7: Why are you considering substitute teaching?

- A) I love teaching – Working with kids is a passion for me.
- B) I want flexible work – Work/personal life balance is a priority.
- C) I'm exploring new options – I'm curious about this opportunity.

Question 8: What do you hope to get out of substitute teaching?

- A) Purpose and impact – Teaching touches the future.
- B) Extra income – I can support my family with meaningful work.
- C) Experience in education – I'm not sure I will like it.

Question 9: How confident are you in your readiness to substitute teach?

- A) Very confident — I'm ready to start.
- B) Somewhat confident — I need more preparation.
- C) Not confident — I'm hesitant to begin.

How Ready Am I?

How to score your answers. Assign points to your answers according to the scale. Total your points.

Read the interpretation below for your total scored points.

- 3 Points for Every A answer – 3 X _____ = _____ points
 - 2 Points for Every B answer – 2 X _____ = _____ points
 - 1 Point for Every C answer - 1 X _____ = _____ points
- _____ Total Points

22-27 Points: High Readiness and Capability

You're Ready to Thrive as a Substitute Teacher!

You show strong confidence, adaptability, and a solid understanding of what it takes to succeed in the classroom. Your answers tell me you already have many of the instincts and strategies that make substitute teaching feel natural and rewarding.

Your Strengths

- Confident with classroom management
- Comfortable adapting without detailed plans
- Assertive and clear when giving directions
- Flexible with schedules and uncertainty
- Motivated by purpose, impact, or passion for teaching

Where You Can Grow

Even strong substitutes benefit from continued development. You may enjoy:

- Advanced classroom management strategies
- Leadership opportunities
- Routines that streamline your day
- Tools to help you stay organized and efficient

Your Next Step

You're in a great position to **step into classrooms with confidence**. Your expertise, experience, and confidence are valuable assets. Tune into the Professionals of Substitute Teaching podcast and join the Professionals of Substitute Teaching private Facebook group to mentor other upcoming members.

16-21 Points: Moderate Readiness

You're On Your Way — With Support, You'll Feel Even More Confident

You have a solid foundation and a willingness to grow. Your answers show that you're capable, motivated, and open to learning — all essential qualities for substitute teaching.

Your Strengths

- You're adaptable when needed
- You're willing to try new strategies
- You're reflective and aware of your growth areas
- You value balance and meaningful work

Where You Need Support

Here are some areas to strengthen:

- Clear routines and procedures
- Confidence-building strategies
- Practical tools for managing behavior
- Guidance for navigating uncertainty in schedules

Your Next Step

With the right resources, you'll feel more prepared and confident. You're a great fit for **step-by-step tools, templates, and professional development that builds your skills without overwhelming you.**

One-on-one coaching, joining the Professionals of Substitute Teaching private Facebook group, and listening to the podcast will be impactful for you.

9-15 Points: Early Stages

You're Exploring — And That's a Great Place to Start

Your honesty shows that you're curious about substitute teaching but may feel unsure, anxious, or in need of more structure and support. That's completely normal — many successful substitutes started exactly where you are.

Your Strengths

- You're reflective and honest about your needs
- You're open to exploring new opportunities
- You care about doing well and feeling prepared

Where You Need Support

You may benefit from:

- Foundational classroom management strategies
- Clear routines and step-by-step guidance
- Scripts for giving directions and handling conflict
- Confidence-building tools
- A supportive community to ask questions and learn from

Your Next Step

You don't need to be "fully ready" to begin — you just need the right support. With **structured tools, simple routines, and encouragement, you can build confidence one step at a time.** Keep listening to the Professionals of Substitute Teaching podcast, join our private Facebook group, and consider **one-on-one coaching** to go deeper into building your skills. I am here to support and cheer you on!

I see You




You dug deep and learned as much as you could from the quiz and are maybe thinking about taking those **Next Step**. If that's you, WAHOO! I AM SO PROUD OF YOU!

Now, I know you may be feeling overwhelmed but ...

Here is the good news:

YOU DON'T HAVE TO DO THIS ALL ON YOUR OWN

Let's Connect

-  Professionals of Substitute Teaching Podcast
-  www.prosubscourses.com
-  Professionals of Substitute Teaching Facebook Community