The purpose of this session is to describe and share sample items of a contextually relevant resource developed specifically for English as an Additional Language (EAL) student-teachers and EAL teachers in the Middle East and North Africa (MENA). Fifteen EAL and teacher/education academics created, reviewed and piloted the 300 multiple-choice-item resource. The resource supports teachers’ lifelong learning and measures their progress in applying strategies, methods, and theories in EAL teaching/learning in the five TESOL International domains: language foundations, culture, instruction, assessment and professionalism (2010). The resource supports EAL outcomes-based curricula and reinforces independent learning and self-assessment to improve EAL professional content knowledge, professional pedagogical skills and professional disposition. If used effectively, the self-assessment resource can be a powerful learning tool. This resource allows EAL student teachers and EAL teachers to engage in self-assessing in a non-threatening environment. As a practice tool, it assists in identifying areas of strengths and challenges, and becomes a road map for their autonomous learning endeavors. The audience for this session includes K-12 pre-service and in-service ESL teachers seeking professional development and/or teacher certification, EAL K-16 ESL instructors, EAL curriculum and assessment specialists, accreditation managers and EAL programs administrators.