

## Weekly Learning Coach Check-In Questions

One blessing of a weekly check-in with your children about their school work is that you will get to know them even better and also gain more insight into how they learn and what they find interesting (or not interesting) in what they are learning about. Feel free to use any or all of these questions or add your own to your weekly check-in!

- What was your high point for the week? Either in school or life?
- What was one of the most interesting things you learned about in school this week?
- Which class is the most challenging for you this week and why?
- Which class is the easiest for you this week and why?
- If you were to give yourself a grade for your effort in your schoolwork this week, what grade would you give yourself and why?
- If you could accomplish one school goal by next week that would make you feel amazing, what would that goal be?
- What assignment in what class gave you trouble last week? And/Or did something else give you trouble in your online learning last week?
- How could the week have gone better?
- Have you completed all your check-ins with your teachers for attendance purposes?
  - If you as the Learning Coach doesn't know what this question means, it is important to find out from your school or the teacher what your child needs to be doing in order to meet this attendance requirement.
  - If your child is struggling to meet this requirement, it will be important at this check-in meeting to figure out A) Why - What is the Obstacle and B) The Solution. Follow up with them each day next week to ensure they are doing what they say they will do.
- What progress did you make in your classes this week?
  - We recommend that you ask them to show you their work. If they are enrolled in an online program, have them log into the program and show you their progress in each of their classes.
- Did you meet your weekly goals this week?
  - Ask them to take out the goals they set for themselves (or you set

together) at the beginning of the week and check-off those that they met. Talk through the goals they did not meet. What was the obstacle? How can they find a solution to overcome that obstacle?

- What are you stuck on?
  - Have them be specific.
- What do resources do you need to get “unstuck” and move forward?
  - Teacher help? Have they contacted the teacher already about being stuck? Do they know how to email their teacher?
  - A book?
  - Something printed?
  - Cell phone in the other room
- What needs to be done this weekend in order to stay on pace in your classes?
- What assignments need to be done next week? (Take this opportunity to plan next week’s schedule - include appointments, social engagements, extracurricular, family time, school, homework, etc...)
- Were any of the following barriers to you completing your work?
  - I don’t have a schedule or did not follow the schedule.
  - I spent too much time on my phone or on other non-school related sites.
  - Netflix was way more interesting than my History essay.
  - Video Games took control of my week.
  - I hung out with friends or family during my scheduled working time.
  - I don’t understand the assignment.
  - I have a really big assignment or hard assignment or time-consuming assignment coming up and I don’t want to do it.
  - I didn’t feel well.
  - Other...

*Helping our kids gain the language and understanding of WHY they are not making progress is one of the first steps in self-awareness. As a result of this self-awareness, they can then find a specific solution to the specific obstacle, rather than just feeling “stuck”.*

**What do you need from me this weekend or week to help you with your schoolwork?**