

Weekly Check-In: Student and Parent

Ten minutes, once a week. The goal is independence and support, not policing.

Student: _____

Week: _____

Class: _____

1. Weekly Preparation Checklist

- ☐ Reviewed the syllabus and chose weekly priorities
- ☐ Completed the planned study tasks
- ☐ Revised previously studied chapters
- ☐ Practised questions or a sample paper
- ☐ Reviewed mistakes and cleared doubts
- ☐ Balanced difficult subjects with easier ones
- ☐ Kept phone and social media distractions under control
- ☐ Kept up regular meals, water, and physical activity
- ☐ Got enough sleep on most nights
- ☐ Talked about challenges and progress with a parent or teacher

2. The One-Minute Check-In

What went well this week?

Which topic was the most challenging?

What would you like to do differently next week?

Is there anything you need from me?

3. How I Am Feeling

Stress level this week:	Low ☐ Medium ☐ High ☐
Energy and mood:	Good ☐ Okay ☐ Tired ☐

When to seek extra support

If worry, poor sleep, irritability, or headaches continue for more than a couple of weeks, speak with the school counsellor or a qualified professional. If your child ever talks about harming themselves, seek urgent professional help right away.

Student: _____ Parent: _____ Date: _____