

Terms of Engagement



Student, how often would you like to talk to your parents about school each week? The minimum is twice per week.

- Which days work best? _____

Example 1: Mondays and Thursdays

Example 2: Sundays, Tuesdays and Thursdays



Student, how much time should we carve out for these conversations?

- What time and for how long? _____

Example 1: Mondays and Thursdays, 6 – 6:45pm

Example 2: Sundays, Tuesdays and Thursdays, 5 – 5:30pm



Below is the general scope and structure we recommend. Feel free to add or cross out items based on your situation. These are YOUR terms of engagement, after all!

- Wins! Student and parent(s), share at least one win you've had since your last chat.
- Updates on how things are going:

School

1. Classes
 - a. Grades
 - b. Status of Work
 - c. Teacher interactions
2. Plan for school work for the next 2–3 days
3. Extracurriculars (ECs)
 - a. EC 1:
 - b. EC 2:
 - c. EC 3:
4. Other(s):

Non-school

1. Socializing / social plans
2. Habits that help with mental health and well-being
 - a. Sleep
 - b. Hygiene
 - c. Eating
 - d. Doing the things you love
3. Other(s):

- Reflect. Student and parents, was this helpful? What did you most appreciate? Is there anything that could make the next conversation more productive or enjoyable?

