THRIVE EMERGE

Parent Self-Assessment

How Confident Are You Navigating School Communication?

This self-assessment is designed to help you reflect on your current level of understanding, confidence, and engagement when communicating with your child's school. There are no right or wrong answers -- this is simply a tool to help you identify where you feel solid and where you may want more support.

Rate each statement from 1 to 5:

1 = Not at all true for me
2 = Rarely true
3 = Sometimes true
4 = Mostly true
5 = Consistently true

Understanding the System

1. I understand the difference between a 504 Plan and an IEP.
2. I have a general sense of what my child is eligible for within the school system.
3. I understand the difference between accommodations and modifications.
4. I feel familiar with the basic structure of school meetings (who is there and why).
5. I understand the purpose of evaluations and how they guide support decisions.

Interpreting Information

6. I can identify my child's strengths and challenges from an evaluation report.
7. I understand the key recommendations provided in reports or meetings.
8. I feel comfortable asking for clarification when something doesn't make sense.
9. I can connect evaluation results to real-life classroom needs.
10. I leave most school conversations with a clear understanding of next steps.

Communication & Advocacy

11. I feel prepared before entering school meetings.
12. I am able to clearly express my concerns and priorities for my child.
13. I feel comfortable asking follow-up questions when needed.

14. I can advocate for my child while maintaining a collaborative tone.
15. I feel like my voice is heard and considered in decision-making.

Organization & Follow-Through

16. I keep records of important emails, reports, and meeting notes.
17. I follow up on action items or unclear communication.
18. I know how to request a meeting or additional support when needed.
19. I feel organized in tracking my child's supports and progress.
20. I understand what has been agreed upon and what is still in progress.

Confidence & Mindset

21. I feel confident navigating conversations with school staff.
22. I trust my understanding of my child's needs.
23. I feel less overwhelmed by school communication than I did in the past.
24. I can stay focused and grounded during difficult or unclear conversations.
25. I view myself as an active participant in my child's educational planning.

Your Reflection

Score Ranges (Total out of 125):

- **25–55 | Building Awareness**
  You are in the early stages of understanding how the system works. This is where many parents begin. Focus on learning key terms, asking questions, and building foundational clarity.
- **56–90 | Developing Confidence**
  You are gaining traction and beginning to understand both the system and your role in it. Continue strengthening communication and organization strategies.
- **91–125 | Strengthening Advocacy**
  You have a solid foundation and are actively engaging in communication and decision-making. The focus now is on refining your approach and maintaining consistency.

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Reflection Prompt

After completing this, take a moment to ask yourself:

- Where did I rate myself lowest -- and why?
- What feels unclear or overwhelming right now?
- What is one small step I can take before my next school interaction?