

Parent Teen Weekly Study Check In

Use a short, agreed check-in to choose one manageable next step. Your teen leads the conversation and decides what to record. Keep the thinking and final work with them.

Week beginning _____ Check-in time _____

1 Choose one goal

Teen: What is one piece of work I want to move forward this week?

2 Find the starting point

What have I already tried? What is my first small step, and when will I try it?

3 Name an obstacle

What might get in the way? What could make starting easier?

4 Choose useful support

Teen: I would like you to (circle any): listen / help me plan / help me find someone to ask / be an audience for practice / help with a quiet space / give me space.

What we agree the parent or carer will do, and when:

5 Agree on the next check

Next check-in _____ What I will bring or explain:

At the next check: What worked? What is still unclear? What will I try next?

Parent or carer: Ask before helping. Let your teen revise their own work. Follow school rules for assessed tasks. Keep notes about the task; names and private details are not needed.