



Who will your child be when they graduate?

This guide will help you explore how and what your child needs to develop before they graduate from high school.

Picture your child in their high school cap and gown. Who is the young adult you see standing before you? While we get caught up in the day-to-day, short-term goals of homework and taking tests, it's important to consider the long-term goal of raising a child who is ready to take on the world.

This worksheet can help you explore the knowledge, skills, and strengths your child needs by the time they graduate from high school.

1. Think about who your child is now:

Name three things your child loves to do in school.

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Name three things your child loves to do outside of school.

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2. Strengths and challenges:

Use this checklist to reflect on your child's strengths and challenges:

Intellectual character

Strength

Challenge

Confidence

Persistence

Courage

Independence

Reliability

Purpose

Curiosity

Open mindedness

Being inclusive

Emotional intelligence

Strength

Challenge

Being kind/empathetic

Being respectful

Learning to forgive

Learning self-control

Humility

Integrity

Self-care

Strength

Challenge

Eating right

Getting enough exercise

Getting enough sleep

Building healthy friendships

Healthy ways to manage stress

Limiting screen time

3. Life skills:

Which of the following does your child need the most help on?
(choose all that apply)

- Financial literacy (earning, saving money, etc.)
- Tech literacy (using computers, various software, etc)
- Cultural literacy (learning about different cultures)
- Political literacy (understanding politics, voting, etc.)
- Organizing their time (planning projects, managing time)
- Organizing their space and belongings

Additional information and thoughts about life skills your child needs to develop:

4. Based on your responses above, list three skills or qualities you wish your child's high school would foster:

1.

2.

3.

Consider sharing this information with your child's other parent, principal, teacher, and/or school counselor to start a conversation about how to support your child's growth.

Notes: