

## Parent and Child Self-Determination Activity

**Tips for Parents:** *Don't make this a homework project, instead make it like a normal conversation between you and your child. Remember, do not answer the questions for your child. Help your child to use their own mind to come up with the answers. There is no right or wrong answer!*

**\*\*** The first time you do this exercise with your child, it may be difficult for them to describe what works for them and does not work for them when they are trying to learn. However, this ability will come with practice and you will give your child the "gift of a lifetime": the ability to know their strengths and how to use the strengths to be successful, AND to know their weaknesses and how to work around those weaknesses or ask for assistance in order to complete a required task or job.

**ACTIVITY GOAL:** To help your child identify their strengths and needs, as well as brainstorm solutions to the needs.

### CONVERSATION QUESTIONS

**What are your strengths?** *If your child draws a blank, then use the following questions one at a time to help them...*

- 1. What is your best subject in school?**
- 2. Explain to me why that is your best subject?**
- 3. Describe things your teacher does that helps you learn?**
- 4. How do you use your strengths to help yourself in school?**

**What are your weaknesses?** *It's very important, parents, that you do not tell your child what their weakness are. Sometimes, you can help your child identify their weakness and understand what you are talking about by sharing your weaknesses as a student when you were in school.*

- 1. What is the subject in school that you are not very good at?**
- 2. What about the subject is difficult for you?**
- 3. What does the teacher do that makes the subject harder to learn?** *(This is not to find out what the teacher does wrong but to identify your child's learning preferences.)*
- 4. How do you help yourself in school so your weakness does not make it difficult to learn? When and how do you ask for help?**

**What helps you learn?**

- 1. I like it when my teacher does \_\_\_\_\_, it helps me to better understand what he or she is teaching me.**
- 2. I also like when my teacher \_\_\_\_\_.**
- 3. The things I do to help myself be a successful learner are \_\_\_\_\_.**

# Answers Sheet

*Below, record your child's answers to the questions.*

**Strengths:**

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**Weakness:**

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**How I Learn best:**

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**Student's Role as a Learner:** *(Use what your child said that helps them learn best when they .....*)

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**Teachers Role:** *(use what your child said that helps them learn best when their teacher .....*)

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**Parents Role:** *(What have you learned from your child and how can you as the parent help your child be successful in school?)*

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**Extra Thoughts:**

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