

Skills That Matter: Family Reflection

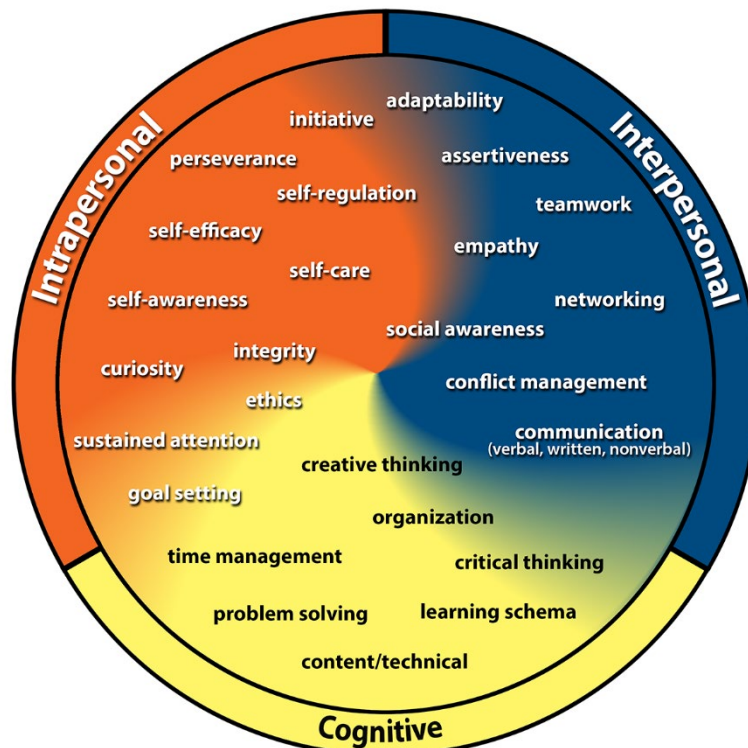
The *Skills That Matter: Family Reflection* is designed to be completed by a child's parents or caregivers by reflecting on their child's behaviors in four competencies: Assertiveness, Conflict Management, Self-Efficacy, and Self-Regulation. This measure can be used for children and adolescents, ages 3–21.

The data helps prioritize instruction at school or at home. Behaviors noted as *Not Like My Child* can be developed through direct instruction and guided practice. Resources for families are available at www.cccframework.org/family-guidance. Full curricula for schools are available at www.cccframework.org/resources.

The reflection can be completed on paper (see the next page) or through an online portal. For parents/caregivers to complete the reflection online, you or your school will need an account on www.cccstudent.org, a free assessment website. Create a free account, follow the instructions provided to launch the reflection, and title the reflection so it is easy for you to identify.

Provide parents/caregivers with the URL (www.cccstudent.org) and a unique code—the code is provided on the website when an assessment is added to the educator's portal. Once on the website, parents select *Quiz Yourself* on the top left and enter the code. They do *not* log in to the website. Remind parents to enter their child-specific ID, grade, and gender. This will allow you, as the educator, to view their individual results.





Ask parents/caregivers to pause and reflect on their child's behaviors across the last couple months. Explain that they will use a 3-point scale to rate how each statement applies to their child.



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Think about your child as you reflect on each statement. Rate the statements using the scale provided.

Assertiveness	 Not like my child Somewhat or unsure Like my child		
1. My child respectfully asks for what they want.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. If my child doesn't like the way someone is being treated, they speak up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My child advocates for themselves even when it is difficult.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My child shares their thoughts and ideas even if they know others will disagree.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My child listens to the thoughts and ideas of others even when they disagree.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conflict Management	 Not like my child Somewhat or unsure Like my child		
1. When my child feels angry, they think about what they want to say before they say it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. During a disagreement, my child listens to others' thoughts and feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. When my child has a disagreement, they try to work it out so everyone feels better.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. If two friends are arguing, my child tries to help them understand each other.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My child can explain various ways to respond to a disagreement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-Efficacy	 Not like my child Somewhat or unsure Like my child		
1. When learning something gets really hard, my child keeps trying.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My child can name hard things they have learned.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. When my child makes a mistake, they learn from it and try again.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. When people tell my child what they did wrong, my child listens and uses the information to get better.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. When my child starts to get frustrated, they calm themselves.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-Regulation	 Not like my child Somewhat or unsure Like my child		
1. When my child is learning something new, they break it down into small steps.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My child keeps track of their progress when working toward a goal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My child can refocus after getting distracted.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My child takes responsibility for their learning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. When my child experiences a setback, they describe options for overcoming the setback.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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