

## **One-on-One Focus Areas**

### *Grad \ Postgraduate Planning*

What do you want to do after graduating from The Excel Center? | Why is this important to you?

What are you proud of since our last check-in?

What has been your greatest accomplishment in the past term? | What did you do to achieve it?

What goals do you have for this term? | Do you need any support from the school team to achieve these goals?

### *Virtual Support*

Are you having issues accessing your virtual school work (such as limited or no internet access or lack of a device)?

Do you have a safe or comfortable work environment for completing virtual school work?

What is your ability to do virtual school work while supporting kids who are doing eLearning?

### *Mental Health*

How are you?

Has anxiety, stress, or depression impacted you or your family's ability to complete daily activities and engage in satisfying relationships?

Do you ever feel stressed or anxious to the point you don't want to do anything?

Is there anything else that's on your mind that you are worried about?

### *Employment*

How has your employment been affected by COVID?

Is your current employment enough to meet your needs?

Do you need any assistance finding a job, a new job?

### *Family Support*

Who are the people currently in your support network/web of support? | Who do you serve as a support for?

Who are the important people in your life?

Does childcare impact your ability to keep a job, get a job or come to school?

Do you have an immediate need for childcare? | Number and ages of children needing immediate childcare?

### *Housing | Food | Transportation | Medical*

Do you need resources for food for you and your family or do you anticipate needing resources in the future?

Has your housing situation changed? | Is your current housing situation at risk?

Are any of your utilities at risk of being shut off or unable to be paid in full?

Does your access to transportation limit your ability to get to work, daycare, school, etc?

Do you have medical insurance that covers your medical needs (For example - Medicaid or Medicare)?

Do you need increased access to health and/or mental health services? (Medications for you and your family?)

### *Contact Information*

What is the best way to reach you?

What is your number or email?

Proof of residency