How to take the Family Self-Assessment

1. Complete the Basic Family Self-Assessment: complete the identifying information. Read each statement and decide for yourself whether this is a "Yes," a "No," or a "Sometimes" for your family.

2. On the Basic Family Self-Assessment there is a colored section for each of the **7 Family Engagement Outcomes**. Look back and notice colored areas where you had a lot of "No's" or "Sometimes" and also areas that interested you and that you might want to change. Maybe you thought, "Wow, I could fix that." or "I never thought of that."

3. Choose a color that you would like to explore more fully.

4. Select the Detailed Self- Assessment in that color. Again, read each statement and select a box that seems right for your family.

5. Families will <u>not</u> be completing all seven detailed assessments. They will pick one (or two) to begin with.

6. Work with your Family Service Advocate to select two or three "yes's" that you feel happy about or proud of. Write those on the Strengths sheet.

7. Next, select one or two "No's" or "Sometimes" that you feel committed to change. Write those on your Family Goals page. You will have a separate goals page for each goal you identify.

8. Work with the Family Service Advocate to identify concrete steps that each of you will take toward your goal.

9. Select a date by which you will complete the goal.

10. Determine when you will meet next with the FSA and sign the goals sheet.

11. When you meet next, continue working on this Family Goals Sheet to record progress and new ideas for this goal. When the goal is accomplished, give yourself a pat on the back, and go back to your Self-Assessments to select a new goal.