



Excel
HIGH SCHOOL

UNDERSTANDING YOUR CHILD'S LEARNING REFLECTION



PURPOSE OF THIS GUIDE

Your child may complete a **Student Learning Reflection Guide** to help describe how they learn best and what supports them academically.

This parent guide explains:

- How to read your child's responses
- How to talk about them constructively
- What the guide is designed to support
- What the guide is not intended to do

The goal is to strengthen **communication, clarity, and support**, not to label or evaluate your child.



Excel
HIGH SCHOOL



WHAT THE STUDENT REFLECTION GUIDE IS FOR

The student guide is designed to help learners:



Notice what learning environments support focus and engagement



Identify strategies that make school more manageable



Practice age-appropriate self-advocacy



Share useful information with adults in a clear, structured way

It is a **learning tool**, similar to a study skills survey or learning preferences questionnaire.



Excel
HIGH SCHOOL



WHAT THE STUDENT REFLECTION GUIDE IS NOT

It is important to understand what this guide does *not* do.

The guide does **not**:



Diagnose ADHD, autism, anxiety, or any condition



Replace IEPs, 504 Plans, or formal accommodations



Measure intelligence, effort, or motivation



Indicate that something is “wrong” with your child



Predict long-term academic outcomes

Responses reflect **learning conditions**, not ability or character.



Excel
HIGH SCHOOL



HOW TO READ YOUR CHILD'S RESPONSES



Excel
HIGH SCHOOL



1

LOOK FOR PATTERNS, NOT INDIVIDUAL ANSWERS

Rather than focusing on one checkbox or sentence, notice themes such as:



Preference for clear routines



Sensitivity to workload or transitions



Need for pacing flexibility



Desire for private communication rather than public discussion

These patterns help identify **supports**, not problems.



Excel
HIGH SCHOOL



2

SEPARATE LEARNING NEEDS FROM LABELS

Your child may describe:



Difficulty with focus



Feeling overwhelmed



Needing extra time or structure

These statements describe **how learning feels**, not a diagnosis. Many students benefit from these supports regardless of labels.



Excel
HIGH SCHOOL



3

TREAT RESPONSES AS INFORMATION, NOT EVALUATION

Think of the guide as a conversation starter:



"This helps us understand how to support you."



"Let's see what strategies make school easier."



"This gives us good information to share with teachers."

Avoid interpreting responses as evidence of weakness or failure.



Excel
HIGH SCHOOL



HOW TO TALK ABOUT THE GUIDE WITH YOUR CHILD



Excel
HIGH SCHOOL



1

USE LANGUAGE THAT IS NEUTRAL AND SUPPORTIVE

Helpful phrases include:



"This tells us what works best for you."



"We can use this to plan better routines."



"It's useful to know what helps you focus."

Avoid language that:



Assigns blame ("That's why you struggle.")



Introduces unnecessary labels



Compares your child to others



Excel
HIGH SCHOOL



HOW THE GUIDE SUPPORTS SCHOOL COLLABORATION



Excel
HIGH SCHOOL



At Excel-ED, student reflections may be used to:



Improve instructional clarity



Adjust pacing or communication strategies



Support routine-building



Encourage student self-advocacy

They do **not** automatically change academic placement or trigger formal processes.

If formal accommodations are needed, those follow **separate, established procedures.**



Excel
HIGH SCHOOL



**MIDDLE SCHOOL
VS HIGH SCHOOL
RESPONSES**



Excel
HIGH SCHOOL



MIDDLE SCHOOL STUDENTS



Responses may be brief or concrete



Awareness of learning preferences is still developing



Adult guidance and structure are expected

Parents can help by:



Establishing consistent routines



Reinforcing checklists and schedules



Encouraging communication with teachers



Excel
HIGH SCHOOL



HIGH SCHOOL STUDENTS



Responses may reflect stress, workload, or independence



Self-advocacy skills are developing and important

Parents can help by:



Supporting planning and time management



Encouraging appropriate communication with teachers



Gradually increasing independence while staying engaged



Excel
HIGH SCHOOL

WHEN TO ASK FOR MORE SUPPORT

You may want to reach out to the school if:



Your child consistently
feels overwhelmed
despite supports

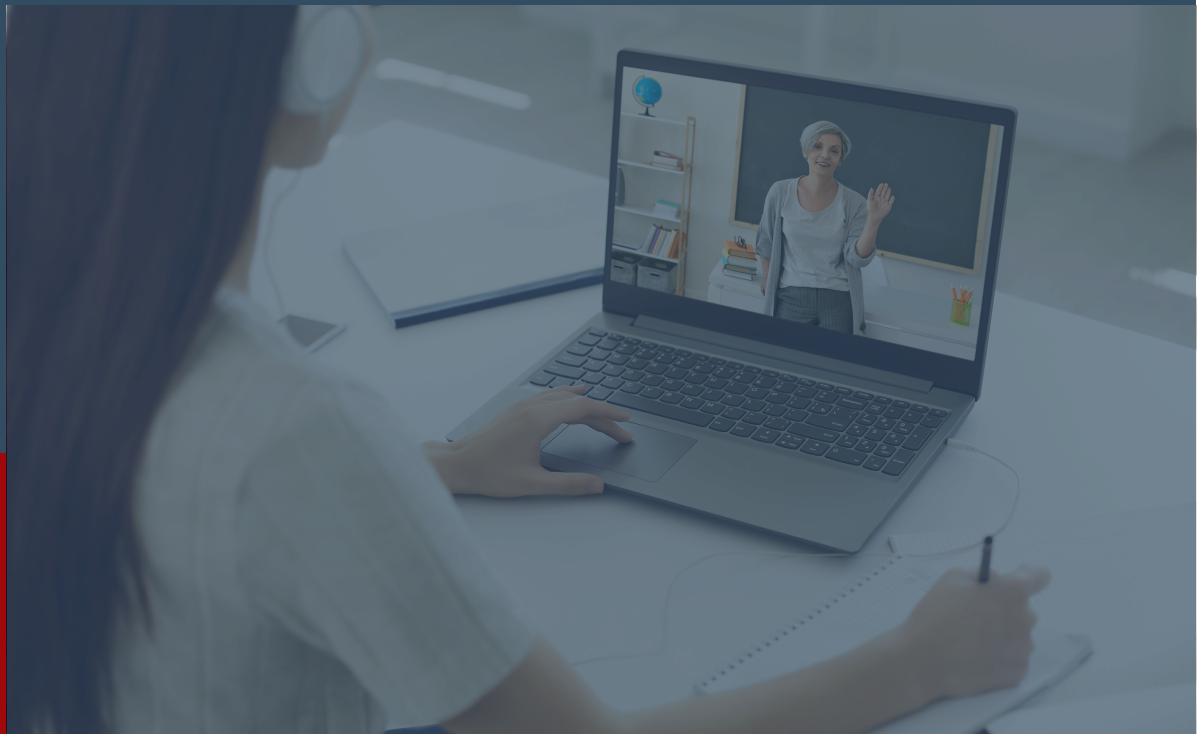


Your child
requests formal
accommodations



Academic
engagement
declines over time

In these cases, staff can guide you through appropriate next steps.



Excel
HIGH SCHOOL

KEY TAKEAWAYS FOR PARENTS

- The reflection guide supports **understanding, not labeling**
- Responses help identify **strategies**, not limitations
- Neutral, practical conversations build confidence
- Collaboration between student, family, and school matters most



Excel
HIGH SCHOOL

CLOSING

Understanding how your child learns best helps create an environment where learning feels structured, manageable, and productive.

The Student Learning Reflection Guide is one tool that supports Excel's commitment to **clear expectations, flexible pathways, and student-centered learning.**



Excel
HIGH SCHOOL