

Monthly Host Family & Student Review

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Monthly check-in meetings have proven to be beneficial to the success of the FVL Hosting Program. Please regularly go over these topics with your student.

S=question to ask the student **H**=question for Host Parent

Meals and Food

1. **S** How are meals going?
2. **S** Do you like the food?
3. **S** Are there things in particular that you do not care for?
4. **S** Is there anything you want to share in regards to meals and food?
5. **H** Is the student helping with meals as expected?
6. **H** Is the student cleaning up after themselves, including when they make their own meals?
7. **H** Is the student following rules about what can be eaten & where?
8. **H** How are the overall eating habits and nutrition of the student?
9. **H** Does the student want to prepare a meal for the family (weekly, monthly, quarterly)?

Chores

1. **S H** Anything to discuss/clarify about chores?
2. **H** Is the student doing what is expected of them in terms of chores?
3. **H** Is the student keeping their room at an expected level of cleanliness and making sure bedding is being kept clean?
4. **H** Are there shared jobs to which the student should contribute more?

Communication

1. **S** Do you feel you know what is going on within the family as far as schedules go?
2. **S H** Are there any communication concerns or questions from anyone?
3. **H** Is the student meeting the expectations of the host family in terms of communicating travel needs, activity schedules, and social outings?

School

1. **S** Do you have any activities you would like to be involved in?
2. **S H** Are there any questions or concerns about anything at school?
3. **H** How is schoolwork going for the student? Review the student's grades.
4. **H** Does the student need additional support?
5. **H** Does the student know who at the school to reach out to for help if they do need support?
6. **H** Is the student ready for school in a timely manner?
7. **H** What is the student allowed to do after school before getting picked up (walk in Plamann, use the Fitness Center, etc.)?

Church

1. **S** Do you have any questions about things we do at church?
2. **S** Do you feel comfortable being involved in church activities?

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Friends

1. **S** How is it going with making American friends?
2. **S** Do you have friends you would like to do things with outside of school?
3. **S** How can we help make that happen?
4. **S** Are there challenges you are facing that we can help with?

Hygiene

1. **S** Do you have questions about hygiene expectations in American culture?
2. **H** Are there any concerns with hygiene from the host family?
3. **H** What is different about American hygiene versus their country?
The host family can give tips of things that are expected from Americans in terms of hygiene so that the student does not need to feel awkward around peers.

Homesickness *(review the Culture Shock info)*

1. **S** How often do you connect with family and friends back home?
2. **S** On a scale of 1-10, what is your level of homesickness at this time?
Remind the student that this will change with highs and lows throughout the year, and this is normal.
3. **S** Is there anything we can do to help?

Other

1. **S** Do you have any questions or concerns?
2. **S** Is there something in particular that is hard for you at this time?
3. **S** Are there struggles you are having? Even if you don't think we can help you with them, it is helpful for us to know.
4. **S H** Review any upcoming events for the next month at church, school, and home.
5. **S H** Any additional questions we should be asking or topics we need to cover?
6. **H** Discuss achievements over the last month and goals for the next month.
7. **H** How is the student doing with sleeping habits? Overall health? Mental wellness?
8. **H** How is the student interacting with the host family? Too much time alone in the bedroom or on the phone? Are there activities you would like to see the student do with the family?
9. **H** Any concerns for the host family or rules that are not being followed that you would like to discuss?

Check in with the International Program Director to share progress and/or concerns.
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