

DOWNLOADABLE 3 — Fit Reflection Worksheet

How to Use the Fit Reflection Worksheet

1. Complete it within 24 hours of the visit

Memory fades quickly, and first impressions get replaced by marketing materials. Filling it out the same day keeps the reflection honest and grounded in what your child actually experienced.

2. Let the student answer first

The worksheet centers the student's voice. Parents should read or discuss their child's responses before adding their own.

Encourage your child to reflect on:

- moments they felt seen or unseen
- spaces where they felt safe or uncomfortable
- interactions that felt affirming or dismissive
- what energized them and what drained them

This helps surface truths that might not come up in casual conversation.

3. Use the prompts to go deeper than "I liked it"

Each section is designed to reveal the why behind the student's reaction.

For example:

- "I felt supported when..."
- "I felt isolated when..."
- "I noticed..."
- "I'm still unsure about..."

These details help families distinguish between excitement and actual fit.

4. Compare the student's feelings with what you observed

Parents often notice things students don't—safety issues, representation, staff interactions, or campus climate. Add your reflections in a separate section so you can compare perspectives.

5. Identify follow-up questions

Use the worksheet to highlight gaps in information.

Examples:

- “We didn’t hear anything about Black mental health resources.”
- “We need to ask about Black graduation rates.”
- “We didn’t see many Black students in the major.”

These become your questions for admissions, faculty, or current students.

6. Use the worksheet to compare schools side-by-side

After visiting multiple campuses, lay the worksheets out together. Patterns will emerge:

- Which schools consistently made your child feel safe and affirmed?
- Which schools raised red flags?
- Which schools supported Black students structurally, not just socially?

This comparison helps families make decisions rooted in clarity, not pressure.

My child felt...

- Seen / unseen
- Safe / unsafe
- Supported / isolated
- Encouraged / dismissed

My child’s concerns were...

My child’s excitement came from...

What we need to follow up on...

This tool helps families process the visit with clarity instead of emotion alone.

The Truth About Fit

Fit is not about choosing the school that looks the best on paper.

It’s about choosing the school that will protect, affirm, and grow your child.

For Black students, fit is a form of safety.
Fit is a form of power.
Fit is a form of liberation.



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From Village to Vanguard