

Expectations Worksheet

This form is to be filled out upon the arrival of your student to your home. It is to be done together and to be reviewed frequently. If at any time either of you feels it is necessary, it can be revised. Our goal is to prevent misunderstandings that are typically the result of a simple lack of communication. Feel free to write "none", "open", or "doesn't matter" if an item doesn't apply to your family.



Meals

	Time	Eaten Together	On Your Own	Notes
Breakfast	_____	_____	_____	_____
Lunch	_____	_____	_____	_____
Dinner	_____	_____	_____	_____

Chores related to dinner & who does what? _____

What can we eat for snacks? _____

Other rules for meals/snacks/groceries: _____

Where are we allowed to eat besides the kitchen or dining room? _____



Time & Limits

	Weekdays	Weekend
When we get up	_____	_____
When we go to bed	_____	_____
Time to be home	_____	_____
Bathroom time limit	_____	_____
Phone time limit	_____	_____
TV time limit	_____	_____
Computer/E-mail	_____	_____
Texting	_____	_____



Household Chores

All exchange students should have at least one assigned chore, so that they can make a contribution to their host family:

Chore	How often?
_____	_____
_____	_____
_____	_____
_____	_____



Personal Chores - List things here that the student is responsible for him/herself. For example: making their bed, cleaning their bathroom, cleaning up after a snack, putting their dishes in the dishwasher, etc.



Laundry

Day that wash is done: _____

Where to put dirty laundry: _____

Who is responsible for doing laundry? _____ Ironing? _____



Television

Is there a time limit? _____

Appropriate times to watch TV: _____ Inappropriate Times: _____

How do we decide what we watch? _____

Channels/programs that are prohibited in our home: _____



Church

How often is student expected to go to church: _____

Will family allow student to attend his/her own church?: _____

Are there alternatives to going to church if student prefers not to go to church? _____



Phone Usage - Discuss the difference between local and long distance calls. In most other countries, there is no such thing as local service. **Student, you must buy an international phone card in order to call long distance. Do not make long distance calls that will be charged to your host parent's phone bill. NO EXCEPTIONS!!**

Is there a time limit on phone calls? _____

Appropriate times to use the phone: _____

Inappropriate times to use the phone: _____



Computer, E-mail & Texting - Discuss "chatting" with strangers on the internet and the dangers of this. Also discuss inappropriate sites to visit on the internet and why student should not be viewing these sites in your home:

Appropriate times to use the computer: _____

Appropriate times to use the Internet or check email: _____

Inappropriate times to use Internet, check email or text: _____

Time limit for computer and texting: _____

Inappropriate sites to visit on the internet: _____

Social networking guidelines: _____

Additional Internet/email/texting rules to abide by (example: computer must be used in common areas):



Friends & Dating

Guidelines for going out with friends: _____

Guidelines for dating: _____



Students Hopes/Goals/Expectations - Students, this is your chance to express your hopes, dreams, goals and expectations for your time in the United States and discuss them freely with your host family. They will help you decide which are realistic and attainable, and which ones are not. Some examples could be: see the Grand Canyon, trip to Disneyland, shopping at a mall, eating at Planet Hollywood, learning to cook Mexican food, meet a politician, play football, go skiing, see a Broadway play, go to a Suns basketball game, etc.

	Yes We Can	Not Possible	We Will Try
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



Transportation to Extra Curricular Activities - Students and families need to determine in advance how transportation for sporting events, school activities, shopping, etc. will be handled:

Event:

How will transportation be provided:



Family Hopes/Goals/Expectations - Describe what your family hopes to get out of this experience. For example: learn more about the student's culture, share your American culture, learn new recipes, better understanding of international affairs, play sports together, etc.



Who Pays? Students are responsible for all personal items, long distance phone calls, clothing, entertainment, school lunches, personal transportation (bus, airfare). Families are responsible for room and board. However, there are definitely "gray" areas such as movie rentals, snacks, and excessive groceries. Therefore, it is VERY important to make this as clear as possible as soon as your student arrives. If you choose to "discuss each time", make sure this will not create an awkward situation, e.g. standing in line at McDonalds is not the best time to discuss this! Before agreeing to travel together, define exactly what the student will be expected to pay for: airfare, admission fees to parks and historical sites, eating out, lodging, sharing the gas bill, etc.

Item or activity	Host Family	Student	Discuss Each Time
When we go to dinner	_____	_____	_____
When we go to the movies	_____	_____	_____
Admission fees	_____	_____	_____
When we rent videos	_____	_____	_____
Special events, trips	_____	_____	_____
Toiletries/Laundry soap	_____	_____	_____
Special or additional groceries	_____	_____	_____
Transportation to activities	_____	_____	_____

Independent Time/Time Alone/Privacy



Americans as a culture value their privacy. Teenagers also need some privacy and time to themselves. Instruct your children that your student's room is absolutely OFF LIMITS to them, unless they are invited in by your student. If you have young children, students should leave their door closed when they are not in their room. Write down some activities that each of you enjoy doing alone, e.g. reading the morning newspaper, jogging, writing letters, doing homework, talking to friends on the phone. When should doors be shut? Locked? (Such as the bathroom door) When should someone knock on the door?

Help your student find some things that they are allowed to do independently. For example, can they ride the bus alone, go to the mall, go to the park, or ride a bike? What activities would you like them to do with your family? For example, attend church youth group, go bike riding together, read to younger siblings?

Alone activities _____

Family activities _____



Dress and Hygiene

Generally speaking, Americans dress more modestly than many other nationalities. Discuss things like: boxer shorts around the house, Speedos, bikinis, keeping the door closed when dressing, etc.

Clothing to be worn around the house: _____

Clothing to be worn to bed: _____ After a bath or shower: _____

To church: _____ In the swimming pool: _____

Shoes in the house? _____ How often should the student shower? _____

Shower and bathroom time limit: _____

Clothing NOT to be worn to school: _____

Student Name: _____ Signature: _____

Completion Date: _____

Host Family Name: _____ Signature: _____

Completion Date: _____