

Universal Check-In

How the dashboard works — a check-in, not an exam.

A quick start for the teacher, counselor, or anyone running the check-in. The whole flow, start to finish, in four steps.

IN 4 STEPS

1

Hand it out

Open the **Distribute** tab to make a link or QR code for your class. Every device stays private by default.

2

They check in privately

Each person answers on their own device. Nothing is shared between people automatically — their words stay theirs.

3

Read the group

Overview reads the whole group for you; **Class trends** shows where to focus next. Individual scores are hidden here on purpose.

4

Open the conversation

A person's full report lives privately with them in **Family view**. Use it to start a conversation, never to grade one.

What the colors mean

Every score is a flag, not a diagnosis.

● Doing well

75–100 · keep up universal support.

● Worth a check-in

50–74 · a little targeted support.

● Needs support

0–49 · follow up within a week.



No code needed. Privacy lives in the link — results sync only when someone opens a private link you share, never just by opening the dashboard. On a shared computer, use the **Delete** control on the Privacy page when you're done.

Identity ♦ Self-Compassion ♦ Forgiveness ♦ Grace

YOUR CLASS LINK OR QR

Write it in, or tape your printed QR code here before posting by the door.

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