AI GAPS · For school counselors

Six-Week Progress Tracker

A quick weekly check of changes in a student's social life, schoolwork, interests and mood, and whether things are getting better. Ask teachers, aides and coaches to add what they see.

Student initials or ID | **Grade** | **Completed by (name, role)**

Where codes: C class · T tests or presentations · H hallways · L lunch · R recess or free period · A after school, clubs, sports · B bus or arrival

Check each sign you notice that week. Write the week's date under each week.	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Where (codes)
SOCIAL							
Pulling away from peers or friends	☐	☐	☐	☐	☐	☐	
Eating or sitting alone	☐	☐	☐	☐	☐	☐	
Talks about an "AI friend"	☐	☐	☐	☐	☐	☐	
ACADEMIC							
Missing or incomplete work	☐	☐	☐	☐	☐	☐	
Avoiding tests or presentations	☐	☐	☐	☐	☐	☐	
Nurse visits, late arrivals or absences	☐	☐	☐	☐	☐	☐	
Repeated reassurance questions	☐	☐	☐	☐	☐	☐	
INTERESTS AND ACTIVITIES							
Dropping clubs, sports or activities	☐	☐	☐	☐	☐	☐	
Losing interest in favorite things	☐	☐	☐	☐	☐	☐	
MOOD AND TECHNOLOGY							
Tired, irritable or sad	☐	☐	☐	☐	☐	☐	
Off-task chatbot use on a school laptop	☐	☐	☐	☐	☐	☐	
Mentions using AI for advice or comfort	☐	☐	☐	☐	☐	☐	
Checks phone right at arrival or dismissal	☐	☐	☐	☐	☐	☐	
PROGRESS: SEE CHANGE OVER TIME							
Number of signs checked							*Fewer is progress*
Better than last week	*(starts week 2)*	☐	☐	☐	☐	☐	
About the same		☐	☐	☐	☐	☐	
Harder than last week		☐	☐	☐	☐	☐	

Notes and actions

Date	What and where	Action taken (family contact, supports, referral)	Follow-up

Patterns across several settings or weeks matter more than one hard day. This tracker is for monitoring and communication, not diagnosis, and does not replace your district's policies on student records, privacy (including FERPA) or mandated reporting. **If someone may be in danger or talking about hurting themselves,** follow your school's crisis protocol right away. The 988 Suicide & Crisis Lifeline connects anyone to real people, any time: **call or text 988**, or chat at **988lifeline.org**. In an emergency, call 911.

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