

Table 1.

## Percentage of Parent Champions Who Rated Their Skills as Either Good or Excellent

Skill	Pre-program	Post-program	Pre-to-post change
Writing professional emails	51%	70%	19%
Using technology (e.g., computers, social media)	70%	83%	12%
Preparing flyers, announcements, and agendas for meetings	75%	81%	5%
Accessing and updating documents online (e.g., Google Docs)	57%	62%	4%
Presenting or demonstrating an idea to others	74%	77%	3%
Explaining things to other people	84%	85%	2%
Filling out forms	90%	91%	1%
Managing my time	84%	83%	-1%
Recruiting other parents to participate in events	80%	79%	-2%
Knowing when to ask for help	93%	91%	-2%
Listening to others' feedback	90%	87%	-3%
Communicating with staff at my child's campus	95%	91%	-4%
Communicating with other parents at my child's campus	93%	89%	-4%
Conducting a meeting	67%	62%	-5%
Practicing SEL skills with my family*	—	87%	—
Practicing self care*	—	85%	—
Writing a resume*	—	68%	—
Interviewing for a job*	—	68%	—

Source. Parents' responses to the self-efficacy assessment administered Fall 2019 (n=61) and Summer 2020 (n=47).

Note. Items marked with \* were asked only on the Summer 2020 assessment.

Table 2.

## Most parent champions agreed the skills they learned will be helpful to their professional and personal lives.

Survey Item	% Agree
The skills I acquired through this program will help my family by providing me a pathway to employment opportunities.	87%
The techniques I learned in the parent workshops have helped me engage more with my child.	93%

Source. Parents' responses to the self-efficacy assessment administered Summer 2020 (n=46).