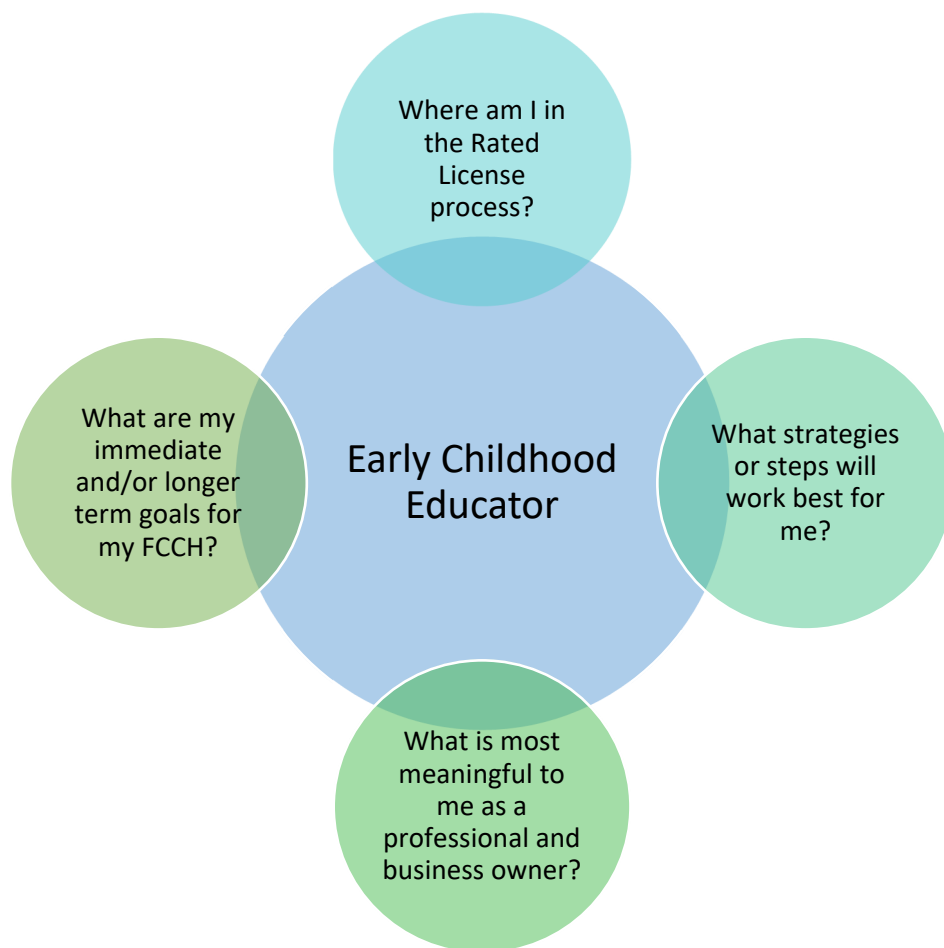


## WHAT is a Self-Study Process & WHY is it Part of the NC Star Rated License for Family Child Care Homes?

- A self-study is an intentional process that includes self-reflection, goal-setting, planning, and self-assessment.
- It formalizes day-to-day reflections by writing down thoughts or observations that are used to identify goals, areas of strength and areas to improve, and planned modifications.
- It is intended to promote continuous quality improvement, while recognizing and further enhancing the positive efforts that are already occurring in FCCHs across our state.
- The self-study is meant to be individualized, so FCCH providers can work on what is important to them. They can identify areas that will enhance their program based on developmentally appropriate practices.
- Careful consideration of the questions shown below is key to maximizing progress.



For more information, please see, "The Self-Study Process for NC's Family Child Care Homes - Key Points" and other FCCERS-R resources available at [ncrlap.org](http://ncrlap.org)