

Preparing for Your SST Meeting

An SST (Student Study Team) meeting is where you and your child’s school build a plan to help them succeed in the classroom. Here’s how to walk in ready — and what to keep in mind.

HOW TO USE THIS GUIDE

An SST meeting is your chance to get the right people focused on your child, and a little preparation goes a long way. Use this page two ways: to get ready beforehand, and as a quick reference while you’re in the room. Jot notes in the margins, check off what you’ve brought, and keep your questions close so nothing important slips by.

WHAT IT IS, QUICKLY

An SST is a general-education meeting — not special education, and not a diagnosis. The team reviews how your child is doing, what’s been tried, and agrees on a written plan of classroom strategies with a date to check back. It goes by many names: Student Study Team, Student Success Team, or Student Support Team.

Know the facts

An SST is helpful, but it is not required before a special education evaluation — and it cannot be used to delay or deny one. If you suspect a learning difference like dyslexia, you can request a formal evaluation in writing at any time, and that request starts the school’s legal timeline.

BRING THESE WITH YOU

- Specific examples of what you’re seeing, with dates — “avoided reading homework three nights this week” beats “doesn’t like reading.”
- Work samples, a reading log, or notes from home.
- A short list of what you’ve already tried at home.
- Your top two or three concerns, written down.

ASK THESE QUESTIONS

- What specific strategies will the plan include?
- How and when will we measure whether they’re working?
- When will we meet again to review progress?
- Can I get the action plan in writing?
- Do you suspect a disability — and if so, how does an evaluation start?

After the meeting

Leave with the written plan and a follow-up date, then watch for progress. If things stall or you still have concerns, remember you can request a formal evaluation in writing — you don’t have to wait for the next SST meeting to act.

Not sure whether you’re looking at an SST, a 504 Plan, an IEP, or a full evaluation? Because the process and timelines differ from state to state, the free **Personalized Results Guide** at stridable.com can help you find your specific next step.

Sources: California Education Code § 56303; U.S. Department of Education, Office of Special Education Programs (OSEP); Individuals with Disabilities Education Act, 34 C.F.R. § 300.301 (sites.ed.gov/idea).

This guide is for general information only and is not legal advice. It’s designed to help you prepare and take well-informed actions on behalf of your child. Laws, timelines, and school policies vary by state and can change, so check the current rules where you live. For help with your specific situation, consider speaking with an educational advocate or special education attorney. Stridable is not a law firm and does not provide legal representation.