

# CONNECTION

# REFLECTION

*Establishing a trusting relationship that will maintain genuine interest, open communication, and an engaging presence in a non-judgmental environment.*

## Connection Questions

- What do you hope to gain from our meeting today?
- Since the semester started, what successes have you had?
- What challenges are you currently working through?
- What specific goals do you hope to accomplish?
- In what ways can I support you in achieving these outcomes?
- How do you think meeting regularly can benefit you?

# INTENTION

*Collaborating with the student to establish priorities and identify goals that support their vision of success.*

## Intention Questions

- Of the topics we discussed (summarize the themes), how would you rank their order of importance?
- You identified \_\_\_\_\_ as your top priority, how are you currently managing this?
- What are some roadblocks that are standing in the way of you achieving your desired results?
- What motivates you to continue to pursue this goal?
- How have you connected with campus resources that can provide additional support?
- Share an example of a time that you advocated for yourself and things worked out in your favor?

*Asking powerful questions to encourage self-awareness, create options, and recognize potential challenges.*

## Reflection Questions

- What factors contribute to your highest levels of motivation?
- What may prevent you from meeting your goal?
- When faced with setbacks, how do you persevere and move forward?
- What do you have to do on a daily, weekly, monthly basis for this to happen?
- Who in your support network provides encouragement?

# ACTION

*Supporting the student in creating a manageable plan that increases motivation, defines measurable outcomes, and tracks progress for greater accountability.*

## Action Questions

- What are some specific steps you can take now to move forward?
- How would you prioritize these steps and turn them into action?
- If you were going to create an action plan and timeline, what would these look like?
- What are some ways you can hold yourself accountable?
- How will you know you've accomplished what you set out to achieve?
- What can I do to help hold you accountable?