**Growth Mindset Coaching for College Students**

**Focus Questions**(Please complete this at least 2 days before your first session)

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Name:

Other info:

Employment/Education:

What year are you in college (Freshman, Sophmore, Junior, Senior, Other)? In how many years will you graduate?

What is your major? Or if you haven’t yet chosen one, what area(s) interest you the most?

Have you ever worked with a coach before?

If yes, can you tell me about your experience? Is there a reason you decided to change coaches at this time?

What do you consider to be your top strengths?

Your top challenges?

How do you handle challenges or other obstacles when they arise in your life?

What do you see yourself doing 5 years from now?

What do you see yourself doing in 10-15 years?

Is there anything else that would be helpful for me to know about you?

In what way(s) can I best support you (hold you accountable, help you build skills in setting goals and creating plans to act on them, provide feedback and challenges for you, provide empathy)?

Do you feel able/prepared to be a co-pilot in your program?

Client responsibilities:

1. You bring the agenda to each session
2. You re-direct/clarify if something feels off
3. You communicate what is/is not working for you
4. You agree to incorporate learning
5. You agree to arrive to sessions prepared

Coach’s Responsibilities:

1. I will challenge you to go deeper and focus on developing your strengths
2. Check-in with you if something feels off
3. Communicate/reflect what I’m observing
4. Be fully present for you during our sessions

Do you have any questions for me?

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_