

BIG COACHING QUESTIONS

INTRODUCTORY QUESTIONS

- How would you describe your situation?
- What would you like to get out of today's meeting?
- What have you done already to explore this idea/question?

INTERESTS AND SKILLS

- What are you involved with on campus?
- How do you spend your free time?
- What energizes you?
- Who are the key people who support you?
- Who could support you?
- What situations bring out your best?
- What are you naturally good at?
- What are your greatest strengths?
- What are your favorite classes?

GOALS AND DREAMS

- What have you already started to put in place to achieve some of your goals?
- What goals have you been considering?
- What ideas do you have?
- How do you see this situation?
- What are your options?
- What is your dream job?
- If all obstacles were removed, what would you do?
- What obstacles do you see on the road to completing this goal?
- On a scale of 1 to 10...
 - How certain are you that you want to pursue _____?
 - How happy are you with your current major?

VISUAL THINKING AND DECISION-MAKING

- What will this process look like for you? Tell me the steps you plan to take.
- What does helping people look like to you?
- What does success look like to you?
- Tell me about a time you had to make a big decision. What approach did you take?
- How will you know when you are ready to make a decision?
- How will you know you have achieved your target?