

Spring 2022 Goal-Setting Sessions

Welcome

How was break? What did you do during time off?

How is semester so far?

Establishing Agreement

Staff will meet with you each week for Coaching so they can

- Get to know you and help you be the best version of yourself
- Help you take small steps each week toward YOUR long-term goals and vision
- Troubleshoot with you when obstacles inevitably come up

Coaching is different than tutoring, and different than therapy. More of a chance to help you sort through what you want, decide on a plan for the semester, and develop skills you already have to accomplish your goals.

Promises

- I/we will listen fully to what you say, try to say, and are not saying.
- I/we will share advice, experiences, suggestions, and observations when you're stuck.
- I/we will always look for the best in you, and will keep high expectations.

What will make this work best for you

- Being totally honest with me/us. Not here to judge, but to help you find solutions.
- Do or do not; there is no try. You choose whether to do the plan or to ask for a new plan.
- Being open to trying new things, not knowing everything, maybe making mistakes.

Discover

Ask them to tell about their family

Why'd they join UB?

School subject they're best at and why

Dream

First year of college – Dorm/home? Close/far? Major? Activities?

Briefly explore career ideas, if they have some

Remind them it's okay/normal if this changes. We can adjust.

Design

What things will they need to get to the dream?

- Academically
- Emotionally
- Financially

How long will those things take?

Which are the most pressing things right now?

Compare to Survey of Success Strategies; look for congruencies and discrepancies

Close

Confirm first steps to the plan and what follow-up to expect from UB

Feedback – How do they feel? What would be more helpful?

Express appreciation for work and self-disclosure