COACHING METHODOLOGY

Focus Wheel

Take a holistic approach to assessing by asking questions in each of these eight focus areas.
Focus Areas: Assessment Questions

Each student has a unique background and experience, and you will better serve each student by understanding areas of strength and challenge. We will explore each area in turn and examine ways to assess a student’s level of efficiency in that particular area. Example questions are included.

Finance

This includes how a student plans to pay for school, develops financial literacy, and ensures they handle the financial side of life to support their educational goals.

EVERYDAY QUESTIONS
• How comfortable are you with managing money? How well do you think you handle your personal finances?
• How well do you understand your plan to pay for school? How confident are you in that plan?
• How well do you understand your financial aid package?

COVID-19 QUESTIONS
I’m hearing from a lot of students about current financial struggles related to COVID-19.
• How have your finances been impacted in general?
• How are unexpected financial stressors impacting school?
• How has your financial aid been impacted due to changes in course scheduling/offerings?
• How confident are you in managing financially now and in the coming months?
• We want to be sure you are aware of resources that may be able to provide some support and/or relief. What resources are you aware of that may be helpful for you?

Academics

This area is about a student’s performance in the classroom, including their grades, study skills, academic habits, and use of available resources.

EVERYDAY QUESTIONS
• How satisfied are you with your academic performance this semester/term?
• How confident are you in your current study skills?
• How comfortable are you asking for help - professors’ office hours, tutoring, advising, etc. - if you need it?
• How prepared are you for the next semester/term?

COVID-19 QUESTIONS
Moving to online can be challenging. The various formats - synchronous (at a specified time) or asynchronous (not at a scheduled time) or a mixture of both - each pose their own pros and cons.
• What learning challenges are you facing?
• Since moving online, how has the academic load changed for you?
• How or where has your access to the internet changed since moving online? Do you have the reliable internet access you need?
• How have you been able to access resources you became accustomed to using on-campus, like the library and tutoring, remotely?
• Your professors are relying on you to speak up when you need help. What is your comfort level with reaching out for clarification/help?
Commitment to graduation

Is a student committed towards successful completion of a program? Whether a degree, certificate, or successful transfer, the extent to which a student has a vision for the future in which completion is essential dramatically impacts their likelihood of success.

EVERYDAY QUESTIONS

• How committed are you to getting your degree? How will it benefit you personally and professionally?
• How well does your degree/major connect with your long-term goals? How does getting a degree/certificate fit into your career plans?
• How do you think this school meets your needs as a student?

COVID-19 QUESTIONS

Dramatic changes and uncertainty about “what’s next” often give us pause and a moment to reflect on our priorities,

• Has the reason you decided to attend college shifted?
• With these added distractions how are you staying rooted in your “why”?
• What items has COVID brought up that might prevent you from graduating?
• How are you motivating yourself to keep going during COVID?

Career

Understanding a student’s career aspirations, and/or current work situation directly ties to education.

EVERYDAY QUESTIONS

• Do you know what you want to do after getting your degree?
• How comfortable are you networking and building professional relationships with others?
• How confident are you with interviewing and resume writing?

COVID-19 QUESTIONS

For many, earning a college degree is just one milestone in their career aspirations,

• With certain industries being affected by COVID, how, if at all, has that shifted your goals?
• What disruptions have you experienced related to internships, career fairs or other career related activities?
• How has your current employment been impacted?
Effectiveness

How well a student follows through on action magnifies success in all the other areas. Topics might include skills in planning, organizing tasks, and follow through.

EVERYDAY QUESTIONS

• How good are you at planning and completing the actions you set out to do?
• How well do you avoid procrastination on important tasks?
• How confident are you in your ability to react and adjust to changes in plans?
• How good are you at solving problems? What about making decisions?
• What tools/systems do you use to keep on track with your schoolwork?

COVID-19 QUESTIONS

Your schedule and how you manage your time has shifted in the online format,

• What does your schedule look like now?
• How are you holding yourself accountable with the format being asynchronous?
• What used to work for you as an on-campus student but doesn’t work well for you in the online environment?
• How have you managed to complete time-intensive assignments, like group projects and papers?
• What needs to be in place for you to feel like “you’ve got this?”

School community

How well a student connects with classmates, instructors, and administrative staff is key to staying in school. Often this sounds like a student “feeling like they fit-in.”

EVERYDAY QUESTIONS

• How well do you understand the campus resources that are available to you?
• How connected do you feel to students and staff at the school? How do you establish personal connections with classmates, faculty, and staff?
• How well do you feel your school fits your needs as a students?

COVID-19 QUESTIONS

Many students choose an on-campus experience because it offers them an opportunity to meet new people, join clubs and activities that interest them, etc.,

• How are you staying in touch with your classmates, study groups?
• How are you finding ways to participate in clubs and activities in the remote environment?
• How are you making connections with classmates?
• What has your communication with your professors been like?
Health and support

How does a student stay healthy while completing an academic program? Students who develop good habits for sleep, nutrition, exercise, and stress management are more effective. Additionally, we thrive in community: ensuring a student has a support network can make an enormous difference.

EVERYDAY QUESTIONS

• How well do you manage anxiety and stress?
• How strong is your personal support system (family, friends, etc.)?
• How healthy are you? How are you taking care of yourself by finding time to exercise, eat right, and get enough sleep?

COVID-19 QUESTIONS

The health of you and your family is important, especially now. So is the encouragement to keep pursuing your degree despite challenges,

• Have you, or someone close to you, been impacted by COVID? How are you feeling?
• How are you taking care of yourself during this stressful time?
• What has been the level of support from family/friends as you go to school during this time?

Managing commitments

A student’s ability to manage school with other responsibilities like work, family, and extracurricular responsibilities is a primary challenge. Figuring out what is important and regularly prioritizing helps a student honor all their responsibilities.

EVERYDAY QUESTIONS

• How well do you plan your time and prioritize what you need to get done?
• What are all of the priorities that you are juggling right now? How good are you at balancing schoolwork with all your other responsibilities?
• How confident are you that you’ll be able to devote enough time to schoolwork?

COVID-19 QUESTIONS

We are living in a world that is outside of our norm right now. Many people report added responsibilities with work, child care, home schooling children, etc.

• How have your commitments changed since COVID?
• How are you fitting school into these added responsibilities?
• How do you prioritize your commitments?
• What are some things you can let go of right now?
• What support, if any, can you ask for?