

Solution Focused Student Check-In

Name:

Advisor:

Date:

What is your best hope from talking today? What would you like to be better, improve, etc? What will it take for you to say that this talk has been worthwhile?

If this hope happened (things improved), what difference would this make for you?

On a scale of 1 to 10, where are you currently with this goal, hope, feeling, etc. (1 = worst it can be; 10 = is perfect.)

Circle a number	1	2	3	4	5	6	7	8	9	10
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Why do you rate yourself at his number? What good things are happening to put you here? When doesn't the problem happen?

If you moved up 1 point on the scale, what would be different? What would be happening to show that you moved up on the scale? Who will be the first teacher at school to notice things have moved up one point on your scale? What would that person see?

Useful? Biggest things you want to remember from this meeting

Redirecting Negative Talk

*** If they rate themselves very low or become negative, you can redirect them with the following statements and questions.

- Sounds like you are having a difficult time right now
- Despite your difficulties, you still manage to get up in the morning, come to school, attempt work, etc. What allows you to do that?
- The situation sounds pretty overwhelming; how do you cope?
- How have you been getting through?
- How come you have not given up hope?
- What might your best friend admire about the way that you have been struggling with this?
- What have you been doing to stop things from getting worse?
- How come you are not lower on your scale?

Felina Heart 2020 (Based on work by Joe George)