

Slice of Life Questions

Commitment

This focus area addresses the commitment you have toward attaining a degree in your chosen subject. It is the value you place in pursuing your education and your current desire/motivation to be in school, and how well you feel your current college is the right match for you.

- 1. How committed are you to getting your degree?**
- 2. How well does your degree connect to your long-term goals?**
- 3. How high a priority is this degree in your life at this time?**
- 4. How well do you feel you fit at this school?**
- 5. How well do you think the school meets your overall needs as a student?**

Finances

Your Success Coach's goal within this area is to help you to better understand your financial situation and gain more control over it. We will focus primarily on how you plan to pay for school, now and in the future. In addition, we can address your handling of personal finances. By eliminating or minimizing financial concerns, students have more time to focus on being productive in school.

- 1. How well do you understand your plan to pay for school?**
- 2. How confident are you in your plan to pay for school?**
- 3. How well do you feel you handle your personal finances?**

Organization

Organization refers to your follow through on intended actions. Effective students not only do what they set out to do, but also operate with an attitude that is in line with their priorities, values and goals. This area deals with your ability to manage your academic commitments alongside the other commitments you have, such as work, family and extracurricular responsibilities. Time management, task prioritization, and balance are skills developed within this area.

- 1. How good are you at planning and completing the actions you set out to do?**
- 2. How confident do you feel in your ability to cope with the unexpected?**
- 3. How would you rate your ability to avoid procrastination on important tasks?**
- 4. How well do you balance your time and prioritize responsibilities?**
- 5. How confident are you that you're able to devote enough time to school?**
- 6. How well do you feel you can balance school with your other commitments?**

Dream Team

This focus area looks at your connectedness to the people that support you most and to the resources you have available at your university. Some of the specific connections to consider are the people that comprise your school community: classmates, instructors, administrative staff, and your Success Coach AND this also includes friends and family that support you best.

- 1. Who are the people that are 100% supportive of your success?**
- 2. Who can you turn to at the University when you need direction and guidance?**
- 3. Where are the best resources on campus geared toward your success?**
- 4. Who is able to provide you positive recognition and helpful recommendations?**
- 5. How strong is your personal support network?**

Academics

This focus area looks at your performance in the classroom and the grades you are receiving. Developments in this area may include improved study skills, improved academic habits, improved use of available resources and grade improvement.

- 1. How satisfied are you with your academic performance thus far?**
- 2. How well-prepared do you feel for your courses?**
- 3. How much of the course content are you able to engage with and learn?**

Health & Wellness

This focus area encompasses how you manage both your physical and emotional health. Individuals that spend time focused on their health tend to be more effective and enjoy their time in school more thoroughly.

- 1. How able and willing are you to access healthcare resources as needed?**
- 2. How satisfied are you with the health-related choices you make?**
- 3. How easily do you manage stress?**

Engagement

This focus area is all about how connected you are to the university and the community. We know that students who participate in programs, activities, or organizations on or off campus that provide personal and professional enrichment have a better overall college experience.

- 1. How satisfied are you with your current level of participation or engagement?**

2. What types of clubs, organizations, or activities interest you?

Future Pathway

When you have clarity on your direction toward your BIG DREAM, you will be able to connect your daily actions to that future focus. When the short term tasks are well aligned with your long term vision you are able to move forward with more ease.

1. What are your ideas about your future?

2. How clear is your vision for your future?

3. What is your BIG DREAM for yourself, beyond college?