

2020-21 Career Coach Discussion Guide Roadmap

This document is meant to support you with the structure and direction of your meetings with your student partner, but is meant to be personalized based on your relationship.

Week & Theme	Goals	Discussion Guide
1 <i>Building Rapport</i>	<ul style="list-style-type: none"> • Career Coach and students each share about themselves • Career Coach and student review schedule for meetings and discuss how to join meetings (using Personal Meeting ID) 	<ul style="list-style-type: none"> • Initial Introductions • Relationship Building Activity: Autobiographical Poem (suggested) • Finalize meeting time every week and share Zoom Personal Meeting ID Zoom url link with student <ul style="list-style-type: none"> ◦ Make sure to let them know you will use this link for every Zoom meeting
2 <i>Building Rapport</i>	<ul style="list-style-type: none"> • Getting to know each other more! • Checking in about day-to-day • Discussing mental and physical health/wellness • Discuss resources/services student may need 	<ul style="list-style-type: none"> • Personal Check-In: How are you feeling today? • Relationship Building Activity: Deck of Cards Game • Tell me about your typical weekday <ul style="list-style-type: none"> ◦ Student shares about distance learning and their specific schedule • Closing Reflection #1
3 <i>Building Rapport</i>	<ul style="list-style-type: none"> • Getting to know each other more! • Checking in about day-to-day • Discussing mental and physical health/wellness • Discuss resources/services student may need 	<ul style="list-style-type: none"> • Personal Check-In: How are you doing, and what is one thing you're looking forward to this week? • Relationship Building Activity: Interview your tutor! • Wellness check-in: Are there any services or resources you need access to that we research/look into together? • Closing Reflection #2
4 <i>Building Rapport</i>	<ul style="list-style-type: none"> • Getting to know each other more! • Checking in about day-to-day • Discussing mental and physical health/wellness • Discuss resources/services student may need 	<ul style="list-style-type: none"> • Personal Check-In: List 3 feelings you've had over the course of today • Relationship Building Activity: 2 Truths, 1 Lie • Wellness Check In and Resource Use • Closing: Reflection #3

<p>5 <i>Building Rapport & Project Support</i></p>	<ul style="list-style-type: none"> ● Getting to know each other more! ● Checking in about day-to-day ● Discussing mental and physical health/wellness ● Discuss resources/services student may need ● New: Discuss projects and assignments! 	<ul style="list-style-type: none"> ● Personal Check-In: What is your personal weather status (cloudy, foggy, sunny breaks, etc.)? ● Relationship Building Activity: Desert Island Game ● Wellness Check In ● How is school work going? Discuss: <ul style="list-style-type: none"> ○ Time spent doing independent work ○ Workload & time management (as needed) ○ Organization ● Closing Reflection #4
<p>6 <i>Building Rapport, Project Support, and Exploring Values</i></p>	<ul style="list-style-type: none"> ● Continue getting to know each other ● Discuss projects and assignments ● Discuss core values 	<ul style="list-style-type: none"> ● Personal Check-In ● Relationship Building Activity: Personal Values Assessment <ul style="list-style-type: none"> ○ Career Coach and student can both take the Free Assessment ○ Results and further activity instructions are emailed after completing the initial assessment ● Assignment/Project Review and support ● Closing Reflection #5
<p>7 <i>Exploring Values and Goal Setting</i></p>	<ul style="list-style-type: none"> ● Continue core values activity (if needed) ● Establish goals 	<ul style="list-style-type: none"> ● Personal Check-In ● Review Personal Values Assessment: What did you learn from this activity? ● Goal Setting: Discuss and List... <ul style="list-style-type: none"> ○ 2 personal learning goals ○ 1-2 goals related to college ○ 1-2 Future Career goals ● Closing Reflection #6
<p>8 <i>Revisiting Goals and Planning</i></p>	<ul style="list-style-type: none"> ● Revisit Goal Setting ● Create Action Plan for goals ● School Projects and Assignment Support 	<ul style="list-style-type: none"> ● Personal Check-In ● Revisit Goals established last session <ul style="list-style-type: none"> ○ Any personal, academic, or professional goals not listed already, that you'd like to add? ○ What else do we need to know before we start thinking of concrete steps to bring these goals to fruition? ○ What research do we need to do? ● Brainstorming around each goal

		<ul style="list-style-type: none"> ○ What are concrete, measurable steps we can take to accomplish these goals? ● Closing Reflection
<p>9 <i>Assignment/Project Support and Finalizing Goal Planning</i></p>	<ul style="list-style-type: none"> ● Finalize Goals and Action Plans ● School Projects and Assignment Support 	<ul style="list-style-type: none"> ● Personal and Wellness Updates ● Upcoming Projects and Assignments ● Revise and finalize Goals and Action Plans ● Closing Reflection
<p>10 <i>Assignments/Projects and Goals Progress</i></p>	<ul style="list-style-type: none"> ● School Projects and Assignment Support ● Goals Progress 	<ul style="list-style-type: none"> ● Personal and Wellness Updates ● Upcoming Projects and Assignments ● Goals Progress ● Closing Reflection
<p>11 <i>Assignments/Projects and Goals Progress</i></p>	<ul style="list-style-type: none"> ● School Projects and Assignment Support ● Goals Progress 	<ul style="list-style-type: none"> ● Personal and Wellness Update ● Upcoming Projects and Assignments ● Goals Progress ● Closing Reflection
<p>12 <i>Sharing Growth, Appreciation, Accomplishments</i></p>	<ul style="list-style-type: none"> ● Share ● Celebrate Progress and Accomplishments 	<ul style="list-style-type: none"> ● Personal and Wellness Updates ● Reflection: How have you grown these past 3 months? ● Share Appreciations: What did you appreciate about this time? ● Celebrate progress/accomplishments related to goals