

Encouraging a Growth Mindset

15 Questions to Ask Clients to Encourage a Growth Mindset

1. What is your goal for the next week?
2. What would you do differently to make your sessions go better?
3. What went well in your session this week?
4. What are you seeing in your classes that shows that the strategies you are learning are successful?
5. What other areas would you like to learn more about?
6. What new strategy can you try this week?
7. What made you think hard today?
8. What mistakes have you learned from this semester?
9. How have you made use of campus resources so far this year?
10. What challenges did you tackle in today's session?
11. How have you improved your ability to ask for help when needed?
12. How can your coach make your session more challenging?
13. Did you work as hard as you could have in your session?
14. How did you keep going this week when things got tough?
15. Describe your overall experience with your coach this semester.

PATIENCE
with my
GROWTH