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|  | Tutoring Session 1: Relationship Building and Goal Setting | **Student Name:**  **Course:** |
| Why should we set goals and break them into smaller steps? By setting a goal, students help themselves focus, have a clear direction, and maintain momentum in their tasks. When students have a large goal to achieve, you can help them break that goal into smaller action steps, or micro-goals, to make the large goal more manageable. Action steps are easier for students to achieve and help them build both confidence and momentum.  **Discussion Starters** Consider starting the discussion by asking:   * What do you hope to achieve in these tutoring sessions? * What is a goal you would like to set for yourself in order to be successful in your course? * Now that you have a goal, what are some action steps you could take that will help you achieve that goal?  Discussion Questions To support goal setting for tutoring sessions, consider asking the following questions:   * What could you do to make your goal feel more achievable or realistic? * Which of your action steps would be the best place to start? * Do you have any responsibilities or commitments that may make it challenging to reach your goal this semester?   Spend time answering questions the student has about tutoring sessions. | | **Notes** |
| **Next Steps**  To prepare for next week, ask each student to:   * Find a safe place to keep their My Goal handout. * Bring an assignment that they would like help with to the next session. * Bring any materials necessary to complete the assignment. |