



## RELATIONSHIP BUILDING AND GOAL SETTING FACILITATOR'S GUIDE

### 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.

