



## Sample: Scaling questions

Scaling questions are useful to get a sense of what someone is already doing to help themselves, and what could be helpful in supporting them to feel even better. Scaling questions have 3 parts to them:

- Ask where the student is at now, on a scale from 1 to 10, where 10 is they are doing really well and 1 is the opposite;
- Ask how they got there – what are they or others doing that helped get them to that number; and
- Ask what would be happening if they were one number higher on the scale

**Teacher:** Let's say on a scale from 1 to 10, where 10 is you're doing really well and 1 is the opposite, where are you now?

**Student:** I'm at about a 3.

**Teacher:** How did you get to be a 3 and not lower?

**Student:** It's been helpful that I can go to the library if I need some quiet.

**Teacher:** What else helps you be a 3?

**Student:** Sitting in the front row closer to the teacher so that I can focus more in class.

**Teacher:** Good. I'm glad that's helping. What else?

**Student:** Knowing I can have extra time for tests and homework takes some of the pressure off.

**Teacher:** Good. What would help you be one step higher on the scale?

**Student:** Not all the teachers let me change seats or give me extra time. If they would let me do this stuff too then I wouldn't already have a headache by the time I got to English.

### Note:

Here you can see how scaling questions were able to draw out current successful strategies for this student (e.g. going to the library, changing seats, having extra time for tests and homework). The questions were also able to draw out ideas for new areas where change could be helpful (e.g. teachers working together to consistently provide the accommodations required for success).

