



Solution-focused coaching tip sheet

Think about using some of these solution-focused coaching tips as you help your student reintegrate back into school:

1	Ask questions about what the student wants rather than what they don't want	<ul style="list-style-type: none"> • "What are your best hopes for your return-to-school?" • "What would make today a manageable day?"
2	Ask questions about what has worked for the student in the past	<ul style="list-style-type: none"> • "Think back to a recent time when things felt a bit more manageable. What were you or others doing that helped make it manageable?" • "You had a good day yesterday. What did you or others do to make it a good day?"
3	Use powerful compliments that amplify the student's strengths, resources and ideas	<ul style="list-style-type: none"> • "I am so impressed at how hard you have been trying. It tells me you are mature and take your education 'seriously'." • "Wow, it sounds like your brother is a really important support person for you..." • "That was a great idea you had about sitting up front in math class."
4	Ask questions that pull out details of how students and others have helped	<ul style="list-style-type: none"> • "How did you do that?" • "What did your mom do that was helpful?"
5	Ask questions that highlight how the student is coping, despite their difficulties	<ul style="list-style-type: none"> • "Considering what you're dealing with, what keeps you strong?" • "How have you been managing?"

Remember

While connecting with a student on a daily basis is ideal, it may not be practical and can vary from individual to individual. Modify these approaches as appropriate and make all conversations with the student meaningful and useful.

