

Student Name: \_\_\_\_\_ Academic year: 20\_\_\_\_ - 20\_\_\_\_

The goal of this worksheet is to assist in the facilitation of reflective advising conversations. Taking notes in the boxes below is encouraged. The questions below are examples; additional questions can be found in the *Reflective Advising Packet* for advisors.

<p><b>General</b></p> <ul style="list-style-type: none"> <li>• At this time, what is your intended field(s) of study? Why have you chosen that?</li> <li>• What field(s) of study would you like to explore and learn more about?</li> <li>• What are your short-term and long-term goals?</li> </ul>	
<p><b>Classes</b></p> <ul style="list-style-type: none"> <li>• What types of classes/subjects do you enjoy/dislike? Why?</li> <li>• If requirements were not in place, what kinds of classes would you take?</li> <li>• How are you performing in your classes?</li> </ul>	
<p><b>Studying</b></p> <ul style="list-style-type: none"> <li>• How do you prioritize homework/studying?</li> <li>• How do you keep track of your coursework/activities?</li> <li>• What academic skills and abilities do you want or need to develop?</li> </ul>	
<p><b>Strengths/Challenges</b></p> <ul style="list-style-type: none"> <li>• What are your biggest stumbling blocks/challenges? What are strategies have you developed to help you overcome them?</li> <li>• What do you do well/engage in that are strengths for you? How can you build upon those?</li> </ul>	
<p><b>Well-being</b></p> <ul style="list-style-type: none"> <li>• What types of activities do you engage in to take care of your physical and mental health?</li> <li>• How do you prioritize those activities?</li> <li>• What plans do you have in place to ensure you do not overextend yourself with classes and other activities?</li> </ul>	

<p><b>Social</b></p> <ul style="list-style-type: none"> <li>• Who have you connected with most on campus?</li> <li>• Where do you feel a sense of belonging at IWU?</li> <li>• Have you found a community of peers? If so, with whom?</li> </ul>	
<p><b>Involvement</b></p> <ul style="list-style-type: none"> <li>• What types of experiences do you hope to have at IWU (e.g. internships, study abroad, civic engagement, etc.)?</li> <li>• What type of events (e.g. sports, music, theater, lectures, etc.) do you hope/plan to attend?</li> <li>• What RSOs or other student involvement activities most excite you?</li> </ul>	
<p><b>Interaction with Faculty</b></p> <ul style="list-style-type: none"> <li>• Have you gone to office hours? If not, why?</li> <li>• How can you make the most out of attending your faculty office hours/meeting with them?</li> <li>• What is the hardest thing for you to share with your faculty about you as a student? As a person?</li> </ul>	
<p><b>Futuristic Thinking</b></p> <ul style="list-style-type: none"> <li>• What are your post-graduation pursuits (e.g. graduate school, career)?</li> <li>• What skills do you need to cultivate to help prepare you for your intended post-graduate pursuits?</li> <li>• Where do you see yourself one year after you graduate from IWU? 5? 10?</li> </ul>	
<p><b>Meaning &amp; Purpose</b></p> <ul style="list-style-type: none"> <li>• What currently excites or inspires you in your studies and life?</li> <li>• How do you want to make a difference in the world?</li> </ul>	

**Additional Notes:** \_\_\_\_\_

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