# Student Questionnaire

As your teacher, it is important for me to understand how you view the world in general and yourself in particular. Every person has their own unique and personal way of interacting with their surroundings.

These questions will hopefully provide a means for me to understand you and your current position more closely and thus enable me to teach you in a way to bring out your best.

When you begin anything, it is good for you to set your intentions for it. How do you know if you are achieving something if you aren’t sure what you wanted to get out of it in the first place? This questionnaire will help set you up for success in this program.

Please take some time to answer these questions as thoughtfully and clearly as possible. These questions are designed to be ‘mulled over’ and to stimulate your thinking on items that may have been automatic in the past.

If you have any queries, please let me know and we can discuss them.

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|  | **Your Name:**  | **Date:** |  |
| 1.  | What would you like to get out of this program? Set some goals for yourself. |
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| 2.  | What do you do during a normal day and a normal week?  |
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| 3.  | What do you want from the work you do or want to do?  |
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| 4.  | How can this program contribute to achieving your personal goals? |
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| 5.  | What skills or knowledge are you developing? |
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| 6.  | What do you consider to be your greatest accomplishments so far? This could be work or personal. |
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| 7.  | What activities have meaning and heart for you? |
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| 8.  | When and how are you the most motivated? Is this internal, external or both? |
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| 9.  | What do you believe to be your most important values? Do you believe you are living in line with these values? |
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| 10.  | How do you respond when you are in a really challenging situation? |
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| 11.  | What three steps could you take immediately that would make the greatest difference in your life? |
|  | 1.2.3. |
| 12.  | What are your 5 top goals, either short or long term, at the moment? |
|  | 1.2.3.4.5. |
| 13.  | What are your 5 biggest challenges at the moment? |
|  | 1.2.3.4.5. |
| 14.  | What are your major objectives or gains that you wish to achieve from this program? |
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| 15.  | What can I say when you are “stuck”, to help you return to action? |
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