

AQUIFER CALIBRATE COACHING SCRIPT

This is a coaching script and note-taking tool designed to help you apply the principles of coaching with a student that has recently completed an Aquifer Calibrate assessment. The coaching relationship is intended to help students reflect on their progress, develop a learning plan, and provide accountability, which can help students stay motivated and on track with their learning. The goal is for students to become more self-directed by fostering their ability to plan, monitor, and adjust their own learning. We encourage you to follow the script until you develop comfort with coaching.

INTRODUCTION

"Welcome to this coaching conversation. The goal of this session is to support you as you plan your learning. This includes prioritizing your current strengths and gaps, identifying reasonable next steps, and agreeing on a plan to hold yourself accountable. Going into this session, my basic assumption is that you want to continue your learning journey. This process is not about grades. Instead, this is a conversation about where you are today, your goals, and your plan to accomplish your goals. Does that seem right to you? (pause for the student to acknowledge). Okay, let's get started.

While we're discussing your goals, I want to empower you to take the lead in developing your own plan. I will ask questions, but mostly I will listen. I will also expect you to take notes. I have a note-taking template that you are welcome to use (share the template). You are not required to use this template, and won't be asked to share it, so it is up to you. If that sounds good, let me start by asking...(move to Section 1: Evoke Awareness.

[1] - EVOKING AWARENESS

Choose one of these questions to start the conversation:

- How would you describe your current goals or aspirations? (Focuses on goals)
- What do you feel are your strengths?
- What do you feel are your most significant areas for improvement?
- Did Calibrate provide any additional insights?

After the student reflects, ask "And what else?" This question opens the door for deeper exploration and additional insights.

Clarify Using One of the Questions Below:

- Would you tell me a little more about...?
- How would you prioritize your goals or objectives related to this situation?

Encourage reflection:

- It sounds like your main point is...
- From your perspective, it appears that...

Help explore assumptions:

- How did you decide (come to that conclusion)...
- What factors or experiences have influenced your belief or assumption?

****[Transition Question]** What are the action steps and learning strategies that will help you progress toward your goals?

[2] - FACILITATING GROWTH

Which learning strategies have been most effective for you in the past?

How can you build on or enhance those strategies?

Are you open to exploring evidence-based learning strategies to optimize your learning experience (have the Learning Strategies Handout)?

[3] - FOSTERING ACCOUNTABILITY

What steps will you take to hold yourself accountable for this plan?

Note-Taking Space

STUDENT NOTE-TAKING TEMPLATE

This template is for you to use to capture important notes and support the development of a learning plan.

NOTES

Use this note-taking space to capture the things that come to mind for you. Strengths, gaps, and goals.

Consider which goals are most important for you to focus on.

In the next section, you will name action steps to achieve your priority goal. Consider small steps that can get you there.

Student note-taking space.

Action Step

By when?

Resources Needed

Action Step

By when?

Resources Needed

Action Step

By when?

Resources Needed

ACCOUNTABILITY

What steps will you take to hold yourself accountable for this plan?

How can your coach help?

What is your plan for holding yourself accountable?

FINAL NOTES

When will you schedule the next meeting by (if needed)?

Plan for meeting again. Who will schedule and when will we meet?