



EXPLORE & CLARIFY NEEDS - QUESTIONS

What's holding you back?	What is it that has made you decide to get some advice?
What effect does this have on you?	How does this affect other people in your life?
How did you get through this?	What have you learned from this?
What ideas have you had for the future?	How would you describe yourself?

<p>If other people were honest, how would they describe you?</p>	<p>What could you achieve if you put your mind to it?</p>
<p>You say you're worried about your grades. Correct me if I'm wrong, but I wonder if this worry is holding you back from applying for jobs?</p>	<p>What don't you want to do?</p>
<p>Which problem, if solved, would take care of other problems?</p>	<p>Which problem is the best place for you to start?</p>
<p>If this happened again, what would you do differently?</p>	<p>What would you say your strengths are? If there anything you need to improve on?</p>

IDENTIFY OPTIONS - QUESTIONS

What should your life look like a year from now?	What changes in your life would make things better?
What will be the first signs that you are heading in the right direction?	On a scale of 1-10, how sure are you that this is the best option for you?
What are the most important goals for you to aim for?	How easy is it going to be to get there?
Can you see any advantages/disadvantages of this option for you?	What would happen if this option fell through?

<p>In what situations do you learn/work best?</p>	<p>What do you think are the most important skills/grades for what you want to do?</p>
<p>On a scale of 1-10, how confident are you in your ability to. ...</p>	<p>How ready do you feel for this option?</p>
<p>You say you want to be more confident with people.</p> <p>Who do you know that is good with people?</p> <p>What do they do that makes them confident?</p>	<p>What makes you learn well?</p>



SOLUTION-FOCUSED QUESTIONS:

Suppose...

- What if...

- I wonder if...

- How...

- When...

- Who...

- What...

[Avoid use of why –judgemental & often we don't know or understand why as there's more than one reason and deeper issues]

- If things were just a little bit better, what would you notice? What would you be doing differently?

- How will you feel when you are somehow managing this issue / situation better?

- How are you coping with this situation at the moment?

- How have you dealt with something similar in the past? What helped?

- What do you know about yourself that makes you feel that you will get through this problem?

- What difference would it make if you did that? (keep asking to reach an emotive response for action)

- What has gone well for you this week? What else? What else? What did you do to enable that success?

- On a scale of 1-10 where are you now?

- What would happen to enable you to achieve a higher number? o If things were even better, what would you be doing different?

A Pedagogy of Questioning

"What is really essential in this process is that both the teacher and the students know that open, curious questioning, whether in speaking or listening, is what grounds them mutually—not a simple passive pretence at dialogue."

Paulo Freire, Pedagogy of Freedom

The better the questioning, the harder the thinking, the deeper the learning. Here are 34 questions for starters to use with - and be used by - your learners (Independent Thinking (TLWorldwide) 2017

1. 'What do you think?'
2. 'What does that mean to you?'
3. 'What would you do if you were...?'
4. 'What would happen if...?'
5. 'What makes you say that?'
6. 'Do you agree?'
7. 'What does that mean?'
8. 'What would that lead to?'
9. 'Where did that thought come from?'
10. 'Guess!'
11. 'What could that mean?'
12. 'What may happen next?'
13. 'What could an answer be?'
14. 'How would you solve the problem?'
15. 'What do you think it means?'
16. 'What do you feel is right?'
17. Who do you feel is right?'
18. Why does it matter?'
19. 'Do you disagree?'
20. 'What makes you think that?'
21. 'Why did they think that?'
22. 'Where did that idea come from?'
23. 'How sure are you that that is the right answer?'
24. 'What is your solution to...?'
25. 'How might others see this?'
26. 'Is that your best answer or your first answer?'
27. 'What could this mean?'
28. 'How does this link with that...?'
29. 'When might that not be true?'
30. 'Where might that not be true?'
31. Have another guess?'
32. 'What if the opposite were true...?'
33. 'Could the opposite be true?'
34. 'I disagree with you - persuade me!'



SOLUTION-FOCUSED QUESTIONS:

Solution Focused Questions

1. How does this problem affect you?
2. What would your life be like if this did not happen?
3. What would you prefer to happen?
4. What would you have to do to make this happen?
5. What would you be willing to do?
6. How is that different from what you are doing?
7. Tell me about times when this does not happen?
8. How might you prevent yourself from getting what you want?
9. What feels scary/risky/ unpleasant about changing?
10. Is there some way someone could help you?
11. What have you tried before?
12. What expectations do you have from others?
13. What's the best thing that could happen?
14. What would be satisfactory for you?
15. What is your biggest fear?
16. What is your biggest hope?
17. What might others say?
18. How might other people react?
19. Is there any particular person affecting this decision?
20. How will you know if you have resolved this problem?
21. What would your life be like if this happened?