

Appreciative Advising Questions

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Appreciative Advising Questions – Discovery

- Who is your best self?
- What are your strengths?
- Describe a time when you were successful.
- What is important to you?
- How do your friends/family see you?
- What do your friends say you are good at?
- What are you most proud of?
- What is your proudest accomplishment?
- What do you enjoy the most?
- What is one thing I wouldn't know about you unless you told me?
- When are you at your best?
- What are you really good at?
- What do you think you are good at?
- Since coming to this institution, what's something you've accomplished that you are proud of?
- What do you do in your free time?
- What is your favorite class?
- What is a struggle you have overcome and how did you do so?
- Why did you choose your major?
- Why this institution?
- What were your involvements in high school?
- If I asked your friends and family members who you are, what would they say?
- What are the three best words to describe you?
- What is your definition of success?
- What are your interests?
- What do you like to do? What do you enjoy doing?
- What have you become involved with?
- What makes you happy?
- How do you like to be recognized?
- How do you learn best?
- What are your hobbies?
- What are you passionate about?
- How did you get to this institution? What do you enjoy about the university?
- What do you think made you stand out on your application to this university?

- Why are you here? What do you expect to gain?
- Who are you when you like yourself the most?
- What do you like most about yourself?
- What type of environment do you work best in?
- What good things to people tell you about yourself?
- Who is your biggest influence?
- What inspires you?
- Who do you admire?
- What inhibits you from being your best self?
- When are you happiest?
- What motivates you?
- Where do you come from?
- What is your home life like?
- What do you enjoy doing outside of class?
- What subject in high school did you most enjoy?
- What opportunities are you looking for in college?
- Has this university met your expectations? Why or why not?
- Who is your role model? Why? What qualities in them do you hope to exhibit?
- Who would you like to be (i.e., hero or role model)? What characteristics in them do you appreciate the most?
- Name three life events that bring you to where you are today.
- Is it okay that I get to know you?
- If you could travel anywhere, where would it be?
- What is going well here?
- If you are coming to my house, do you want instructions or a map?
- What course assignments have you enjoyed?
- What classes are you looking forward to starting and why?
- What did you do in high school that was special?
- What classes do you look forward to going to? Why?
- Tell me about a time when you were engaged in an activity where you were so involved that you lost track of time.
- What do you like to do in your free time?
- What interests you the most?
- Tell me about a time when you felt like you were really successful.
- What personal characteristics are you most proud of? How did you come to realize you possess these characteristics? Tell me about a time when you recognized these characteristics in yourself.
- If you have a choice, what do you read (for fun)?
- When you go to a bookstore, what aisle do you browse?
- How do you imagine yourself in 10 years?
- How can you imagine yourself making a life not a living?
- What is your passion?
- What is it about your career that interests you?

- What kinds of experiences have you had, in your area of interest, and what did you like/not like about it?

Appreciative Advising Questions – Dream

- How do you define success? Why?
- Where do you want to be personally and professionally in 20 years? Why?
- If salary and finances were irrelevant, what job would you want to do?
- When you get up, what do you see yourself doing every day?
- Where do you see yourself in X amount of time?
- If you could get paid to do one thing for the rest of your life, what would it be?
- How do you want people to remember you?
- What is your ideal future? What is your future perfect?
- What would your perfect major be?
- What mark do you want to leave on this university (courses, community)?
- What skills do you want to develop?
- When you were younger, what did you want to be when you grew up?
- What do you want to do when you were a child – aged 5, 10, 15?
- If you could do anything, what would it be?
- If you had your dream job, what would it be?
- What is one thing you always wanted to do but didn't think you could?
- If you had no limits/could ignore reality/were independently wealthy, what would you do with your life?
- What do you really value?
- What do you want to hold on to?
- What would you do if you knew you would not fail?
- What would you do for free?
- What do you want to be?
- What kind of lifestyle do you want?
- Do you want to work directly with people?
- What kind of family do you want?
- When you die, what do you want to be remembered for?
- What is your ideal working environment?
- Paint a picture of the life you want
- What are the overarching themes in your stories?
- What does your passion and/or success at this university look like?
- Where do you see yourself working?
- Where do you see yourself in XX years?
- What do you value most in your current job?
- What do you want to have accomplished in XX years?
- Be completely selfish – what would you like to do?
- If you won the lottery, what would you do?
- If you could choose, what is your perfect life?

- What do you want to do 10 years from now (not your job)?
- What are your goals?
- What do you want to do with your degree?
- What is fun about college, your degree, your major, etc.
- What do you not want to do.
- Describe any aspirations you have to live/work outside the US?

Appreciative Advising Questions – Design

- What can you do today to bring you one step closer to your goals?
- How might you apply your best self to achieve your perfect future?
- What could you do this month to get started?
- Identify people in your life who can help you reach your goal.
- How will those you surround yourself with help you achieve your goals?
- What resources might you use to meet your goals?
- What do you need in order to accomplish your dream/future?
- What would happen if you dream didn't come true?
- What will you do if you encounter roadblocks?
- What do you think is your next step?
- What are some things you can get involved with now?
- What are some strengths that you can build upon now to help your future?
- How can you use your strengths to overcome obstacles?
- How do your current activities/talents help take steps toward your future goals?
- What are three goals you have to make this happen?
- What does your passion and/or success at this university look like?
- What skills do you need to develop?
- Who can help you along the way to your future?
- What challenges do you expect you will face?
- What would you like to achieve this year? Over the next two years?
- What is next on your to do list?
- What does your ideal support system look like?
- How can we help you achieve your goals? How can I help you carry out your plan toward your goals?
- What kind of experiences can you get now to help you reach your goals?
- How will you know you've achieved your goals? How will you measure your success?
- What can help make your dream a reality?
- How do you divide your time?
- Who in your life is supportive of your goals?
- Would you like to take a course just for fun/information/self-fulfillment?
- How do you see your courses/program of study leading to achieving your dream?
- What do you need now to realize your goals?

- What preparation is needed to achieve your academic goals?
- What in your personal or professional life might need to change in order to meet your goals?
- How can you take who you are do achieve your dream?
- What is the “fit” between yourself and your dream?
- What’s the relationship between who you are and want you want?
- How do you see your dream expressing who you are?
- Who can you network with?
- How can a mentor assist you? What kind of person would be a good mentor to you?
- Do you know anyone in the field with whom you can job shadow or intern?
- How do you evaluate your study skills?
- How could social networking assist you in achieving your dream?
- What can you get involved with now to prepare you for your future?
- How does your future perfect use your strengths?
- How will you build on your strengths to best equip you for your future perfect?
- In what ways is your major appropriate for your career goals?
- What minors, certificates, other majors might supplement your career goals?
- What types of volunteer experience have you had to help you reach your career goals?
- What is your plan to get where you want to go?
- How can I help you reach your goals?
- Please share with me what you plan to do to accomplish your goal?
- Who are the people or resources on campus that you want to meet with to accomplish your goals?
- Tell me about a time when you walked through a similar situation.

Appreciative Advising Questions – Deliver

- What resources on campus are helping you achieve your goals?
- What actions are you taking to apply your best self to achieving your perfect future?
- After this meeting/since our last meeting, what concrete steps have you taken to meet your goals?
- What steps can you take before our next meeting?
- Next time, report back on how you did...
- Who would be useful to talk with in order to meet your goal?
- What order will your steps be in to meet the goal by the deadline?
- Who can you rely on to support you in meeting your goal?
- How far on your journey to your dream are you?
- What roadblocks have you hit and how have you dealt with them?
- What is your timeline for your plan?
- How will you know you’ve achieved your goals? How will you measure your success?
- How are you going to celebrate achieving your goals?

- What can you do/are you doing to reenergize yourself when you get off track?
- Tell me something that has gone well or not gone well in your classes.
- What are some other options to achieving your goal?
- Have you completed a degree audit? If so, what is your next step?
- How are your applications for graduate school/jobs coming along?
- How are you doing in developing a resume?
- What can you do to sharpen your interview skills?
- What have you learned so far?
- Have you (or do you need to) reevaluate your goals?
- Since we last met, what successes have come from the action plan we created?
- Now that we've come up with a plan, have you put any of those plans into action?

Appreciative Advising Questions – Don't Settle

- What is the "new Plan A?"
- What is another path or strategy to achieve your goal?
- How can this detour get you to your goal?