

G.R.O.W.T.H. QUESTIONS

These questions can guide a quality conversation that will support your daughter and help her to take action to improve her learning. It can be applied to any person for any goal, but the questions here are tailored for the Semester One reports. It is based on the acronym G.R.O.W.T.H.

Goal –Based on this report, what do you want to achieve in the second semester?

- Is there a specific area of your learning that you would like to get better at?
- Tell me more about that, specifically.
- If you achieved this goal, what would it like? In class? At home?
- What would be the benefits of achieving this goal?
- Is it realistic? Can it be done on top of what you're already doing?

Reality - What is happening now in this aspect of your learning?

- Does this grade reflect your learning at the moment? Why / why not?
- What contributed to this grade? Be very specific.
- What are you already trying to do to improve this area of your learning?
- What is already working for you in this area?
- What is currently within your control?
- On a scale of 1 – 10, with 10 being your best performance, where are you now? Why? Why not higher or lower than that?

Options - What could you do?

- What are the options for improving your learning in this area?
- What could you do to change the situation? What alternatives are there to that approach? Can you come up with five ideas?
- What approaches have you used yourself, or seen other use, in similar circumstances?
- What advice would you give someone else who was struggling with the same area of learning as you?

Will –Which of these options will you do?

- What options do you like the most for action during the coming week? Why?
- What will you do, specifically? What will that look like? What will I notice?
- What are the next steps for you?

Tactics - How and when will you do it?

- How and when will you do it? At school? At home? Somewhere else?
- What do you need from me to help you take action?
- Precisely when will you take the next steps? (Day and time)
- Do you need to put the steps in your diary? Would a reminder in your phone help you?
- What is the next small step to progress this option?

Habits - How will you sustain your success in learning?

- How will you ensure that you carry out these actions?
- What might get in the way? How can we address that?
- What do you need from me to help you sustain these changes?
- What support/structures are needed to maintain this? What else?
- What sort of person do you need to be to achieve the results you desire?
- What different attitudes/values/beliefs will you need?

Caroline Chisholm College partners with Growth Coaching International for our professional learning. We use G.R.O.W.T.H. coaching strategies in our professional learning and goal setting and we use questions such as these when supporting students in their learning and goal setting. Go to www.growthcoaching.com.au/ to learn more.