

ASCA Mindsets and Behaviors	Question Starters
1. Belief in development of whole self, including a healthy balance of mental, social/ emotional and physical well-being	What activities or places make you feel safe and valued? Why?
2. Self-confidence in ability to succeed	Tell me about a time that you felt proud of something you accomplished at school in the last few months.
3. Sense of belonging in the school environment	If you had to rate our school on a scale of 1-10 (1=terrible, 10=amazing), what would you rate it?
4. Understanding that postsecondary education and lifelong learning are necessary for long-term career success	As you consider your career, what types of post-high school training have you already explored?
5. Belief in using abilities to their fullest to achieve high-quality results and outcomes	Describe a time you felt successful.
6. Positive attitude toward work and learning	If you could learn about anything, what topic would you want to learn about and why?
Behavior: Learning Strategies	
1. Demonstrate critical-thinking skills to make informed decisions	Can you describe a time when you worked through a challenging situation? How did you feel?
2. Demonstrate creativity	What world/community challenges do you want to solve?
3. Use time-management, organizational and study skills	How would you rate your time-management, organizational, and study skills on a scale of 1-10? Describe your rating.
4. Apply self-motivation and self-direction to learning	After taking the career assessment/s, what do you notice is important to you in a career?
5. Apply media and technology skills	What types of technology and software do you use regularly? How do you use it?
6. Set high standards of quality	How do you know if you are doing your best possible work?
7. Identify long- and short-term academic, career and social/emotional goals	What are you currently doing that is helping you prepare for your life after high school? Socially? Academically? Career related?
8. Actively engage in challenging coursework	What do you do when a class assignment becomes difficult?
9. Gather evidence and consider multiple perspectives to make informed decisions	What information would be important to know about a career?
10. Participate in enrichment and extracurricular activities	What kinds of things do you enjoy doing after school? On weekends? In the summer?
Behavior: Self-Management Skills	
1. Demonstrate ability to assume responsibility	Tell me about your responsibilities in and out of school.
2. Demonstrate self-discipline and self-control	Could you tell me about a time when you felt very angry or very disappointed and you dealt with the situation really well?

3. Demonstrate ability to work independently	Tell me about the last class assignment you did on your own.
4. Demonstrate ability to delay immediate gratification for long-term rewards	Tell me about a time you wanted something and had to wait a long time for it.
5. Demonstrate perseverance to achieve long- and short-term goals	Tell me about a time you set a goal for yourself and stuck to it.
6. Demonstrate ability to overcome barriers to learning	Describe a time you had difficulty learning something in one of your classes. How did you overcome the problem?
7. Demonstrate effective coping skills when faced with a problem	Think about a time when you did not handle a problem well. What do you wish you had done better?
8. Demonstrate the ability to balance school, home and community activities	If you had more time in your schedule, what would you like to do more of?
9. Demonstrate personal safety skills	Think about your safety here at school. What kinds of things might happen that could make you or other students feel unsafe?
10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities	Think about a change you went through recently either at home or school. How did you adapt to that change?
Behavior: Social Skills	
1. Use effective oral and written communication skills and listening skills	Think about how you speak with, write, and listen to others. Which of those is your strength?
2. Create positive and supportive relationships with other students	How do you show support and kindness to other students?
3. Create relationships with adults that support success	As you think about your future career, what adults might help you think about or reach your future career goals?
4. Demonstrate empathy	Could you tell me about a time when you saw someone in a bad situation? How did you feel and what did you do?
5. Demonstrate ethical decision-making and social responsibility	Honesty and trustworthiness are important in a work setting. Can you tell me about a time when you made a decision to be honest and trustworthy? How did you feel?
6. Use effective collaboration and cooperation skills	What types of group activities do you enjoy doing?
7. Use leadership and teamwork skills to work effectively in diverse teams	There are people of many races, religions, ethnicities, and you will likely have the opportunity in your life to work with many different kinds of people. What might you learn from working with people who are different from you?
8. Demonstrate advocacy skills and ability to assert self, when necessary	Think of a time when you felt someone was being treated unjustly. How did you handle it?
9. Demonstrate social maturity and behaviors appropriate to the situation and environment	What is the best way to communicate your concerns so other people can listen and understand your perspective?