

Strength-Based Information Gathering

Sample questions to elicit interests, goals, dreams, and strengths (generated by participants of previous workshops):

- What do you like to do on a sunny day?
- What do you do (or like to do) in your free time?
- What is your favorite subject in school?
- What is your favorite....?
- What is the nicest thing you have ever done?
- What do you watch on TV? Movies? Music? – What does it mean to you?
- Who do you admire?
- When do you feel at your best?
- Tell me something you could teach someone else.
- What do you think you will be doing in a year? Five years?
- What do you like best about yourself?
- How do you think your friends would describe you?
- What are you most proud of?
- Where would you like to go?
- If you could go on vacation, who would you bring?
- What do you like to do after school?
- What do you like to do to make you feel good about yourself?
- What do you want to do with your life?
- Which animal would you want to be? Why?
- Who do you look up to?
- Tell me three people you care about.
- Where do you want to go with school?

Use a conversational style – start a conversation on a topic such as movies or music, and keep it a two-way communication.