

SOLUTION-FOCUSED MEETING GUIDE

1. DESCRIBE STUDENT

Do not start with a review of the problem or the diagnosis

Activities and interests are good sources of information

First meeting: 3 qualities or strengths

Subsequent meetings: progress since the last meeting

2. SET GOAL

What we want the student to do, not what we want them to stop doing

Don't worry too much about how realistic the goal is- this will be covered in step 3

Signs are concrete and observable: if we wanted to film this behaviour, what would we ask the student to do?

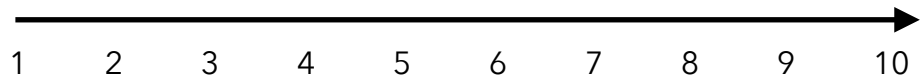
What change would you like to see from this student? (Agree on 1 thing.)
What **signs or actions** will tell you that this change has happened?

3. BUILD ON WHAT'S STRONG

Realistic goal: today +1, today +2

Signs are concrete and observable: if we wanted to film this behaviour, what would we ask the student to do?

On a scale of 1 to 10 for this goal, where is the student now?



What would ____ (now + 1) look like?

