



# **BREAKING UP WITH EXPECTATIONS**

Coaching Students Past Their  
Preconceived Notions About  
College

# EXPECTATION

- a strong belief that something will happen

## COMMON AREAS OF EXPECTATION

- Majors
- Roommates
- Clubs & Organizations
- Greek Life
- Others?

# COMMON RESPONSES WHEN EXPECTATIONS ARE NOT MET

- Feeling Disappointed in Self
- Fearing Disappointing Others
- Fearing Change
- Feeling Overwhelmed
  - “What now?”
- Feeling Stuck
- Lacking Direction
- Blaming Others

# GO-TO COACHING SKILLS

- ACTIVE LISTENING
  - Hear what the student is saying
  - Hear what they are not saying
- VALIDATE/NORMALIZE
  - Lots of students change their minds about something when they get to college
  - You're just getting to know yourself and it's ok to make adjustments
  - New experiences open up new options so changing your mind is normal
- SOLUTION FOCUS
  - What are your next steps from here?
  - How do you want to readjust?

# UNDERSTANDING SELF

- VALUES
  - What did I like most and least about past experiences that I have had? (jobs, community service, school involvement, etc.)
  - What is important to me?
  - What makes my life and work meaningful?
- INTERESTS
  - What do I enjoy doing?
  - What kind of clubs/organizations am I interested in joining?
  - When reading, surfing the Internet, or watching tv which issues/topics am I drawn to?
- SKILLS
  - What subjects/classes have I performed well in?
  - Where have I had successful experiences?
  - What do people I am close to say I do well?

# COACHING TOOLS

- 10/10 Principle by Lance Wallnau
- Personal Mission Statement

**QUESTIONS**

