

Sample ISSAQ Advisin Session

Small talk	
Ask questions about transition	
	Validate asset
	Validate concern
Ask about goals	
	Validate goal
	Connect goal
ISSAQ reminder/share	
	What stands out to them?
	Identify one guide
	Identify one support
	Set goals to work on one guide & support
Ask about schedule, classes, food, health, roommates, etc	
	Connect to goals discussed
Wrap-up	
	Validate meeting effort
	Validate general asset/effort

ISSAQ Factor Questions

- Organization:** How do you manage your time? What do you do to stay organized?
How have you made your current strategies work for you?
- Quality Focus:** When might quality work matter? How do you build in time for quality work?
What work have you been the most proud of?
- Engagement:** What does classroom engagement mean to you? How do you stay motivated?
How can you make the most of your class time?
- Goal Commitment:** What did you want to get this degree? What is unique about JMU degree?
How can you connect small moments to larger degree goal?

ISSAQ Factor Questions

Persistence: When was last time you got through a challenge? What have you learned from failing?

How can you prioritize challenges, successes, and failures?

Effort Focus: Have you ever worked your way through a problem or situation?

What is something that you thought you couldn't do, but eventually did?

How?

Calmness : What are you worried about right now? What can we do about it?

What are small versus big stresses for you?

Coping Strategies: What do you do to relax? What is something you used to do for fun, don't?

When might it be ok to give up?

ISSAQ Factor Questions

Self-Efficacy: What have you been successful at? How did you do it?

How can you envision your successful in one week? Month?

Sense of Belonging: How do you feel valued? What have been some of your favorite people at JMU?

What can we do to make sure you belong?

Institutional Commitment: Why did you choose JMU? What have you learned about JMU?

What can JMU do for you to be successful?

Help Seeking: What does or has asking for help mean to you? When is ok to ask for help?

How do you ask for help?