



coaching teens...building futures

Teen Assessment
Moving From CO to 1:1 Coaching

Name _____

Date _____

1. Tell me about your experience at the Coaching Office.
2. What did you discuss/work on with your coach? (goals, desires)
3. What do you feel you have accomplished?
4. Why do you believe 1:1 coaching will be beneficial to you at this time?
5. Name 1-3 things you would like to accomplish this semester with your own coach?
6. Would you prefer a.... male female doesn't matter (circle one)

of Appointments made _____

of appointments kept _____

of excused absences _____

Able to articulate: goals Y N feelings Y N

Coach Match _____ MU Date _____