Discussion Summary

DISARM:
- Introduce yourself
- How can I help you today? How’s it going?
- Office space is welcoming
- Listen and let there be a moment of silence to see if they talk more
- Introductions and personal questions
- Adjust my energy to theirs
- Begin a light conversation before probing questions
- Any more questions?
- Contact us any time
- Body language; eye contact; smile

DISCOVER:
- Holistic approach – mental, emotional, spiritual, body
- Have you used ______________ resource?
- Workshops; Career Services, Faculties, online exploration
- Student groups – department-based, interest-based, goal-based
- Ask questions about interests – what do you do for fun?
- Volunteerism; student employment opportunities
- What do you plan on doing after graduation?
- Self-care: Physical activity, cultural activities, socializing, sleep, healthy eating

DREAM:
- Five year plan – what’s important?
- Why are you here?
- What do you want to do with this degree?
- What is your end goal? Dream job?
- What are you passionate about?
- What other experiences are you seeking at university? Have you sought them?
- Your life is your story – how are you going to write it?
- If you could do anything you wanted …
- How can we help to succeed in their dreams?
DESIGN:
- Co-curricular/volunteer options to add to educational experience
- What do you think you’re strong in?
- What do you want to do with your degree?
- What subjects do you most enjoy?
- How far do you want to take your education?
- How to use electives/options to create what you want
- Additional educational opportunities, e.g., Master’s work, certificates

DELIVER:
- How can you (or the institution) make this happen?
- What exact steps will you take to (UM) Achieve the goals?
- What have been your best grades and course experiences?
- So how did you get that A in history?

DON’T SETTLE:
- Just because you are following the degree/career your family wants doesn’t mean you have to give up on your passions
- Find that ‘thing’ that lights your fire on the inside – passionate about learning
- Ask!
- If you are struggling and don’t like your area of study, it’s not too late to change
- Know your options
- If you can’t do exactly what you want, what will happen?
- UM Achieve – check your program; check other programs
- Don’t undermine yourself