

How to Have Great Conversations with your Student

Be available

...in ways they can see and experience.

- Find regular, consistent times for relational check-ins. *(Breakfast, morning drop-off, taking a walk, etc.)*
- Enter their world and do something together that your student enjoys.
- Be open to being interrupted.
- Remove distractions. *(take out the AirPods, put down the phone, close the laptop, mute the TV, etc)*
- Quantity time leads to \curvearrowright *quality time.*

Ask curious questions

...to get your student talking and learn more about them.

Getting started:

- If you could plan your perfect day, what would you do?
- What's something good that happened today?
- What is something that you'd like to try or learn to do?
- What kind of music do you like? Or favorite artist?
- When they share something heavy:
 - / *How do you feel about it?*
 - / *What do you think should happen?*
 - / *How can I help?*

Make it easy

...for your student to feel safe to open up to you.

- Keep it light—try not to take anything too seriously or too personally.
- Do something together your student enjoys.
- Choose a time and a place that makes it easy to talk.
- Intentionally encourage your student with your words. Build their confidence!
- Listen to understand, not to solve.
- Choose to respond rather than react and try not to FREAK OUT!
- It's a widely known fact that food is the way to a teenager's heart. So, here are some tips:
 - Have an impromptu coffee date after school.
 - Grab dinner together before practice.
 - Do a late-night ice cream run.

Disclaimers:

- DON'T WORRY IF YOUR STUDENT ISN'T EAGER TO TALK TO YOU. THAT'S NORMAL.
- IT WILL TAKE APPROXIMATELY 3,684 CONVERSATIONS BEFORE YOU HAVE A GOOD ONE. JUST KIDDING! BUT IT MAY TAKE SOME TIME BEFORE THESE INTERACTIONS FEEL MEANINGFUL, SO DON'T GIVE UP!
- DON'T EVER LET THEM SEE YOU SWEAT! YOUR STUDENT NEEDS TO KNOW THAT REGARDLESS OF WHAT THEY SAY, NOTHING WILL EVER CHANGE HOW MUCH YOU LOVE THEM.