

CAREER CONVERSATION STARTERS



ASCA MINDSET STANDARDS	Question Starters
Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being (M 1.)	What activities or places make you feel safe and valued? Why?
Self-confidence in ability to succeed (M 2.)	Tell me about a time you felt proud of something you accomplished at school in the last few months.
Sense of belonging in the school environment (M 3.)	If you had to rate our school on a scale of 1-10 (1=terrible, 10=amazing), what would you rate it?
Understanding that postsecondary education and lifelong learning are necessary for long-term career success (M 4.)	As you consider your career, what types of post-high-school training have you already explored?
Belief in using abilities to their fullest to achieve high-quality results and outcomes (M 5)	Describe a time you felt successful.
Positive attitude toward work and learning (M 6.)	If you could learn about anything, what topic would you want to learn about and why?

BEHAVIOR: LEARNING STRATEGIES	
ASCA Behavior Standards	Question Starters
Demonstrate critical-thinking skills to make informed decisions (B-LS 1.)	Can you describe a time when you worked through a challenging situation? How did you feel?
Demonstrate creativity (B-LS 2.)	What world/community challenges do you want to solve?
Use time-management, organizational and study skills (B-LS 3.)	How would you rate your time-management, organizational and study skills on a scale of 1-10? Describe your rating.
Apply self-motivation and self-direction to learning (B-LS 4.)	After taking the career assessments, what do you notice is important to you in a career?
Apply media and technology skills (B-LS 5.)	What types of technology and software do you use regularly? How do you use it?
Set high standards of quality (B-LS 6.)	How do you know if you are doing your best possible work?
Identify long- and short-term academic, career and social/emotional goals (B-LS 7.)	What are you currently doing that is helping you prepare for your life after high school? Socially? Academically? Career related?
Actively engage in challenging coursework (B-LS 8.)	What do you do when a class assignment becomes difficult?

ASCA Behavior Standards	Question Starters
Gather evidence and consider multiple perspectives to make informed decisions (B-LS 9.)	What information would be important to know about a career?
Participate in enrichment and extracurricular activities (B-LS 10.)	What kinds of things do you enjoy doing after school? On weekends? In the summer?

BEHAVIOR: SELF-MANAGEMENT SKILLS	
ASCA Behavior Standards	Question Starters
Demonstrate ability to assume responsibility (B-SMS 1.)	Tell me about your responsibilities in and out of school.
Demonstrate self-discipline and self-control (B-SMS 2.)	Could you tell me about a time when you felt angry or disappointed and you dealt with the situation really well?
Demonstrate ability to work independently (B-SMS 3.)	Tell me about the last class assignment you did on your own.
Demonstrate ability to delay immediate gratification for long-term rewards (B-SMS 4.)	Tell me about a time you wanted something and had to wait a long time for it.
Demonstrate perseverance to achieve long- and short-term goals (B-SMS 5.)	Tell me about a time you set a goal for yourself and stuck to it.
Demonstrate ability to overcome barriers to learning (B-SMS 6.)	Describe a time you had difficulty learning something in one of your classes. How did you overcome the problem?
Demonstrate effective coping skills when faced with a problem (B-SMS 7.)	Think about a time when you did not handle a problem well. What do you wish you had done better?
Demonstrate the ability to balance school, home and community activities (B-SMS 8.)	If you had more time in your schedule, what would you like to do with it?
Demonstrate personal safety skills (B-SMS 9.)	Think about your safety here at school. What kinds of things might happen that could make you or other students feel unsafe?
Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities (B-SMS 10.)	Think about a change you went through recently either at home or school. How did you adapt to that change?

BEHAVIOR: SOCIAL SKILLS	
ASCA Behavior Standards	Question Starters
Use effective oral and written communication skills and listening skills (B-SS 1.)	Think about how you speak with, write and listen to others. Which of those is your strength?
Create positive and supportive relationships with other students (B-SS 2.)	How do you show support and kindness to other students?
Create relationships with adults that support success (B-SS 3.)	As you think about your future career, what adults might help you think about or reach your future career goals?

ASCA Behavior Standards	Question Starters
Demonstrate empathy (B-SS 4.)	Could you tell me about a time when you saw someone in a bad situation. How did you feel, and what did you do?
Demonstrate ethical decision-making and social responsibility (B-SS 5.)	Honesty and trustworthiness are important in a work setting. Can you tell me about a time when you made a decision to be honest and trustworthy? How did you feel?
Use effective collaboration and cooperation skills (B-SS 6.)	What types of group activities do you enjoy doing?
Use leadership and teamwork skills to work effectively in diverse teams (B-SS 7.)	There are people of many races, religions, ethnicities, and you will likely have the opportunity in your life to work with many different kinds of people. What might you learn from working with people who are different from you?
Demonstrate advocacy skills and ability to assert self when necessary (B-SS 8.)	Think of a time when you felt someone was being treated unjustly. How did you handle it?
Demonstrate social maturity and behaviors appropriate to the situation and environment (B-SS 9.)	What is the best way to communicate your concerns so other people can listen and understand your perspective?



The Career Conversations provide a guide for working with middle and high school students, parents and community members to address the ASCA Mindsets & Behaviors for Student Success: K-12 College- and Career-Readiness Standards for Every Student. The Career Conversations questions are based on ecosystems theory, counseling theory and an extensive review of counseling and career counseling literature. The questions can be used to work with individuals and groups of students, parents and community members. The Career Conversations were developed by ASCA for the Colorado Department of Education.

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