

# QUESTIONS TO ENCOURAGE PROBLEM SOLVING

01.

## What's been hard?

Starting with an open ended question encourages your student to share more, and not respond with "I don't know"



## What are the biggest challenges?

This helps student to think through what is making the hard things feel more difficult, and identify potential areas to focus on seeking out support.

02.

03.

## What resources exist for you to get help with this?

Simpson provides many on campus resources, such as Counseling Services, Health Services, Center for Academic Resources (CARs) and the Writing Center. Knowing what is available helps you encourage your student to use them. You can find a list of resources here



## What keeps you from using them?

Letting your student identify their barriers can give you a sense of how to encourage them to advocate for themselves. Self-advocacy is a life long skill that is important to start practicing at college!

04.

