

Session Survey - Before

Alternatively you can ask these questions before each session in person.

DATE: _____

NAME: _____

1. What actions did I take since my last session?

2. What have been my successes since my last session?

3. What were my challenges?

4. How am I right now, as I write this?

5. Is there anything else I would like to share before we start (how my week went, what I want out of this session, etc.)?

Session Survey - After

DATE: _____

NAME: _____

Answers these questions on a scale of 1 to 5:

1=No, 2=somewhat, 3=neutral, 4=mostly, 5=yes, absolutely

1. Do you feel more clear about your goals after this session?
2. Are you prepared to do the homework this week?
3. Do you feel I understand you correctly?
4. Do you feel comfortable talking with me?

Open-ended Questions:

5. Is there anything you would like to have discussed but didn't get the opportunity?

6. What could have gone better in today's session?

7. What was best about today's session?