**Coaching with VESPA**

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| **Vision** |
| Where do you see yourself in five/ten years’ time?  What do you want to achieve next year? What is most important for you this year?  What would be important to you in a job?  What things do you *not* want to be doing in the future?  Imagine you are 25. When you wake up in the morning, what does your perfect day look like?  What is your favourite subject/which subject do you enjoy most?  What obstacles do you think you may have to overcome while at school?  What do you wish for in life?  What would be the best you will achieve after school?  How much do you think you are wanting to achieve for yourself or for other people?  Do you compare yourself to other people (envy/jealousy)? Who would you like to be?  What stage of your life are you most looking forward to?  What’s the worst that could happen if you don’t….?  Who do you admire most and why? |

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| **Effort** |
| How many hours a week of independent study do you currently do?  How many hours have you studied for *this* week outside the classroom?  Do you think you are working hard enough?  How much work would you have to do in order to feel satisfied?  When working, how do you know you have done enough?  Do you think you could spend more time studying?  Do you work more or less than your friends?  Do you think you make enough effort in…?  What amount of effort deserves a reward?  What is your best time of day for working?  If you had an extra hour every day, how would you end up spending it?  Which subject do you work the hardest on? Why do you think this is?  Is your goal achievable with your present effort?  Are you working as hard for your GCSEs as you did in Year 7, 8 or 9?  How much time do you spend on other activities – why?  In an average week, how many hours do you study at home? How many of those hours are spent on hard/challenging/uncomfortable work?  Name a pupil who works harder than you. What do they do?  On a scale of 1-10, how much effort are you putting in?  What would make you increase your effort?  For your last homework, was your objective to (a) complete it quickly, (b) get the best grade or (c) avoid doing it? |

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| **Systems** |
| If you could change one aspect about the way you work, what would it be & how would you change it?  How do you feel on a Sunday night – ready for the work ahead or not?  How do you prioritise what needs to be done?  On a scale of 1-10, how would you rate yourself in terms of organisation?  Do you have a workspace in which to do your work? Describe your workspace.  How do you ensure your work is up to date?  Are you spending more time on one subject that the others? Why?  How do you follow up the classwork done during the day?  How do you prepare for the next lesson?  In what area (home or school) are you most organised?  Show me a file you are proud of.  Suggest one thing that prevents you from being organised.  How do you record homework tasks? How do you know what work is currently outstanding?  Do you have a study plan for the week/month/term?  What do you us to make sure you meet deadlines?  How could you create an extra hour every day to use in a productive way?  Think of one thing you could do this minute to improve your organisation. |

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| **Practice** |
| If you do past paper questions, do you ever self-mark them?  Where do you go to access support?  In your studies, how do you feel/react when you have made a mistake?  Do you tend to focus on/practise the content that you enjoy?  Do you access exams papers or mark schemes as part of your revision? What revision materials do you use/produce?  Do you review your work to make it better?  When was the last time you tested yourself? When did you last ask someone else to test you?  How do you practise your key skills in …?  How do you revise?  Describe your response to the last disappointing grade you received.  What do you do with your homework when it is a low grade?  What do you do with the feedback you get on marked work?  If you could pick one activity to use to revise for an exam, what would it be?  How many times have you read the feedback on work in …?  How do you respond to feedback?  If you’ve got one hour, and no homework, what would you do to help your learning in …?  Is every mistake you make a bad thing? What have you done differently after making a mistake?  How do you improve your work when it’s been graded?  How would you describe a thirty minute revision session in your house?  Pick one of your subjects. Which aspects of this subject do you least need to revise? Why? |

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| **Attitude** |
| How do you feel when you get something wrong?  What do you do when you encounter a problem?  Do you think you’re in control of your life or is it just fate/chance?  How do you respond when you get work back?  Do you mind how you look in front of other pupils?  Are there any people who are stopping you from achieving?  When something goes wrong, what do you do?  What’s the biggest mistake you have made so far? What have you learnt/how did you deal with it?  What do you do to make yourself feel better?  What advice would you give a younger brother or sister who wasn’t reaching their goals?  Think of something you‘re good at. Tell me how you became good at it.  Describe your most challenging subject. Why? What do you do about it?  What have you done since September that you are proud of? |