**Introductory Session Questions**

1. Tell me about yourself.
2. What is important to you? Why?
3. How much thought have you put into your career? What careers, if any, have you considered?
4. What causes you the most stress or worry when considering your future career?
5. What are your hobbies and interests? What do you like doing or learning about in school? What do you enjoy doing in your free time?
6. How do you define success?
7. What tasks have brought you success? What are you good at doing? What subjects are you good at in school? What have you received compliments for? What are your strengths? What have you done with these strengths and how did you learn from that? Give examples of these strengths in action.
8. What do you not enjoy doing? What are your least favourite tasks? What are your least favourite subjects in school?
9. What do you believe that your weaknesses are? Why do you think that these are your weaknesses? Give examples as evidence.
10. How do you think you learn best? Think of your favourite/least favourite teacher/class, why was this your favourite/least favourite? Do you enjoy school? Do you enjoy learning in school? Do you enjoy learning independently? Do you prefer learning something by actually doing it?
11. Identify the people or support systems in your life that can support you with finding your career pathway.
12. Do you plan on staying in the Windsor Essex area?
13. Who do you most admire? Why?
14. List any work/volunteer/co-op experience you have had.
15. Is there anything you want to know about me?