



**INNERSCOPE
ONLINE:
COACHING
QUESTIONS FOR
STUDENTS**



Innerscope Online Directions

Congratulations for revolutionising registration time in your school!

The following are the steps needed in order to facilitate your Innerscope online session.

Step 1: Play the episode at the beginning of the week

Step 2: Ask the coaching questions for students to ask

Step 3: Play the same episode a second time midweek

Step 4: Encourage students to discuss the peer coaching questions among themselves.

Step 5: At the end of the week use this time for students to reflect and affirm one another.

Enjoy

1) Blind spots

This session introduces the theme of emotional intelligence and encourages students to reflect on their learning habits.

By the end of this session, students will be encouraged to identify an aspect of their learning that needs attention in order to aid their progression.

Coaching questions for teachers to ask:

What is a common blind spot for students in your year?

What would you say is a blind spot to your learning that you need to give more attention to?

What can you do about this in your next lesson?

Peer coaching questions for students to discuss amongst themselves:

- Discuss a blind spot that you have identified this week and one thing you have done so far to address it
- Use this time to suggest solutions to the challenges that one another are currently facing

Feedback Session:

Personal affirmations

Allow some time for students to reflect and share what they have done well this week.

Peer affirmations

Allow some time for students to share what they have seen one another do well this week.

- If time permits ensure that all students are affirmed, This can be done by choosing a student and asking his/her peers if they have an affirmation for that student.
- Select at least one student and encourage that student to say the affirmation directly to student being affirmed.
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2) What Is Your WHY?

This session encourages each student to reflect and identify their own personal stimuli of motivation.

Throughout the programme, students will be required to reflect on this.

Coaching questions for teachers to ask:

What is your Why?

Ask students to reflect on who or what their why is, they are to write this down and share their why with the class.

Why statement- each student is to boldly stand up and state their name, age and their why. Other classmates are to listen say thank you and applaud as a sign of respect.

Peer coaching questions for students to discuss among themselves:

- o What have you done differently this week in order to work towards achieving your why?
- o What is getting in the way of you achieving your why?
- o Who can help?

Feedback Session:

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3) The Flying V

The aim of this session is to encourage problem solving and strategic thinking as students reflect and refine their current revision schedule.

Coaching questions for teachers to ask:

What is your current rhythm of revision?

Walk your group through the following questions in order for them to create their rhythm of revision.

Where is your best revision location?

Are there existing revision classes at school that you can make use of?

On what specific days in the week will you revise on?

What is a good amount of time for revision that you can honestly commit to?

How many breaks will you take and how long for?

What subject will you revise and when?

In what way can you work with teachers in order enhance your revision?

Peer coaching questions for students to discuss among themselves:

How is your rhythm of revision going?

What could you do differently in order to make this work even better?

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4) Acknowledge Who You Move With!

The aim of this session is to encourage students to identify positive and negative influences. This exercise will also encourage self-reflection as students will evaluate the quality of their influence in the lives of their peers also.

Coaching questions for teachers to ask:

Identify two friends that have a positive impact on your learning

What do they do to encourage or inspire you?

Share an example of a specific time you were positively supported by a friend

Peer coaching questions for students to discuss among themselves:

What are the most important three qualities that a good friend should have?

What is the top quality that you think a good friend should have and why?

Feedback Session:

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5) Competition is a reality!

This challenging session encourages your class or tutor group to critically reflect on their performance as students.

Coaching questions for teachers to ask:

- Name a word that describes how you are currently applying yourself as a student right now.
- What is your reason for choosing this word and is it in line with you achieving your Why?

Peer coaching questions for students to discuss among themselves:

What is one thing you can do right now that will shift your current performance as a student?

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6) Focus is Key!

The aim of this session is to emphasise the importance of focus. Despite the simplicity of this concept, students are to honestly reflect on their ability effectively prioritise and to stay on task.

Coaching questions for teachers to ask:

What are the main distractions that affect your learning?

What do you need to focus on today?

Peer coaching questions for students to discuss among themselves:

How focused have you been this week?

What strategies do you use to stay on track?

Feedback Session:

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7) Bounce!

The aim of this session is to introduce the theme of resilience. Students will be encouraged to explore how this significant feature of emotional intelligence can serve as a unique asset to their personal and academic development.

Coaching questions for teachers to ask:

Name an area of your learning where you need to bounce back from?
Who can help you bounce back?

Peer coaching questions for students to discuss among themselves:

What is your why?
How does your why help you bounce back?
What is one thing you can do today in order to bounce back?

Feedback Session:

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8) What Are your Goals?

The aim of this session is for students to get acquainted with SMART action planning. They are to revisit or establish goals that will challenge them to focus on goal completion.

Coaching questions for teachers to ask:

In order to encourage students to make use of SMART action planning, ask your students to choose a goal from one subject area and then encourage them to consider the following.

- Is it specific?
- Why is it meaningful? (How does it relate to your why?)
- Is it achievable? Do they have the sufficient time, resources and strategy in place?
- Is it relevant? Is this goal related to a priority at this point in time?
 - Is it time bound? What is the deadline?

Peer coaching questions for students to discuss among themselves:

Are you on track with your goals?

Are you currently doing that is working for you?

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9) What Are Your Goals? (Pt2)

The aim of this session is to encourage self-reflection as students consider how their strengths and weaknesses impact their learning.

Coaching questions for teachers to ask:

How often do you review what you do as a learner?

Name one of your strengths and how you can use it today?

Peer coaching questions for students to discuss among themselves:

In what way have you made use of your strengths this week?

What strategies can you put in place in order to address your weaknesses?

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10) Results Day!

This final thought-provoking session will encourage students to think about how the making use of the time that they have as students.

Coaching questions for teachers to ask:

Name one word that describes how you're applying yourself currently as a student?

- What is t taking up too much of your time currently?

Peer coaching questions for students to discuss among themselves:

Are you taking this time seriously?

What can you do differently to make the most of the rest of this academic year?

Feedback Session:

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