

Instill a Goal Oriented Focus in Individual Counseling

	Initial Feasibility Grade <i>A=Great idea right now B=Idea to consider C=Not the right fit right now</i>	Initial Observations <i>Elements you're already doing, ways to integrate this idea into your current work, challenges this idea may help solve, implementation hurdles, etc.</i>
Restructuring Individual Appointments		
Individualized Action Plans		
Appointment Checkpoints		
Truncated Appointments		
My Next Steps		
Short-Term		
Long-Term		

Discussion Questions

1 | How do we help students frame individual therapy as a goal-oriented experience that is specific to their needs?

2 | How can we use truncated appointments to augment other interventions?

3 | How can we incorporate individualized action plans into our existing electronic health records?