

## General "Check-In Questions"

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Read the examples of some check-in questions and statements for having conversations about feedback and checking in with your supervisee. After reviewing each section, try developing some questions/statements in your own words.

### General Check-In Questions

- How are things going for you?
- Tell me what's been happening with (your courses, your other cases, your colleagues/peers/fellow students or clinicians, your family).
- I know that you love to (fill in the blank with the individual's hobby; e.g., cook, garden, read, see movies). Tell me about what you have been up to with that. Are you finding time to (fill in)?

### Conversation Starters for Soliciting Feedback

- I wanted to take a few moments to check in and see how things are going for you. How's your stress level related to the tasks I have been assigning in supervision?
- Remember how I mentioned that I was going to periodically check in to see how our supervisory relationship is going? Well, I'd like to take some time to do that now, if that's all right with you. So, what are your thoughts about how supervision has been going? What is working well, and what things could be improved?
- Because we have covered everything on our agenda, let's spend some time discussing how supervision is going. Because I value your feedback, I am going to take some notes to make sure that I address the feedback you give me and the ideas we come up with today.
- I know that we are pretty good at providing each other with feedback in our meetings and observations, but it's also important for us to take time to specifically check-in about how things are going. What feedback do you have for me about the supervision I am providing for you? In other words, what are some things I am doing that are working well? What are some things I need to try to do more or less of?

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- As we have discussed before, it is really important for me to continually evaluate the effects of the supervision I provide, and one of the most important ways to do that is for me to hear how you think supervision is going. What are your thoughts about my supervisory practices?

### **Follow-Up Questions**

- What do you think is going particularly well?
- What do you like best about the supervision processes or activities?
- What could I do to better support you, as your supervisor?
- What things am I missing or not covering in enough depth?
- What things do you think have been particularly effective and how can you tell?
- What things do you think have been less effective and how can you tell?
- What are some activities or practices you would like more or less of and why?

## General "Check-In Questions

### **Follow-Up Statements**

- Thank you for providing me with such great feedback, I really appreciate your thoughts and ideas.
- Your feedback is so valuable to me and will help me continue behaving in accordance with my value of providing effective supervision.
- I know that providing feedback to a supervisor can be awkward, so thanks for your feedback today.
- Your feedback is so helpful at assisting me identify what to do more of and what I might need to adjust. Thanks for supporting me on my continued journey of learning!