

# Example of an Initial Counseling Interview

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(for use with all but very young students)

Interviewer \_\_\_\_\_ Date \_\_\_\_\_

Note the identified problem:

Is the student seeking help?    Yes    No

If not, what were the circumstances that brought the student to the interview?

\_\_\_\_\_  
Questions for student to answer:

Student's Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_

Sex: M F Grade \_\_\_\_\_ Current Placement \_\_\_\_\_

Born in U.S.? Yes No    If No, how long in U.S.?

Ethnicity \_\_\_\_\_ Primary Language \_\_\_\_\_

We are concerned about how things are going for you. Our talk today will help us to discuss what's going O.K. and what's not going so well. If you want me to keep what we talk about secret, I will do so - except for those things that I need to discuss with others in order to help you.

(1) How would you describe your current situation? What problems are you experiencing?  
What are your main concerns?

(2) How serious are these matters for you at this time?

1	2	3	4
very	serious	Not too	Not at
serious		serious	all serious

(3) How long have these been problems?

\_\_\_\_ 0-3 months      \_\_\_\_ 4 months to a year      \_\_\_\_ more than a year

(4) What do you think originally caused these problems?

(5) Do others (parents, teachers, friends) think there were other causes?  
If so, what they say they were?

(6) What other things are currently making it hard to deal with the problems?

(7) What have you already tried in order to deal with the problems?

(8) Why do you think these things didn't work?

(9) What have others advised you to do?

(10) What do you think would help solve the problems?

(11) How much time and effort do you want to put into solving the problems?

1	2	3	4	5	6
not at all	not much	only a little bit	more than a little bit	Quite a bit	Very much

If you answered 1, 2, or 3, why don't you want to put much time and effort into solving problems?

(12) What type of help do you want?

(13) What changes are you hoping for?

(14) How hopeful are you about solving the problems?

1	2	3	4
very hopeful	somewhat	not too	not at all hopeful

If you're not hopeful, why not?

(15) What else should we know so that we can help?

Are there any other matters you want to discuss?