



EXPERIENCEVT

For Developmental Advising

Goals for Today

By the end of today's session, each participant will...

- *Understand* **ExperienceVT** and how it benefits students
- *Learn* a simple **4-Question Conversational Framework** that can be used to promote developmental conversations in advising sessions, *identify* when this framework can be used, and *practice* using this framework
- *Discuss* ways to integrate **ExperienceVT** into their advising practice to facilitate developmental advising



What is ExperienceVT?



ExperienceVT Invites Students to *Design Their Unique Virginia Tech Experience.*

ExperienceVT helps students create a customized plan for academic and personal growth so they're successful at VT and beyond.

MY EXPERIENCEVT MAP

First Year



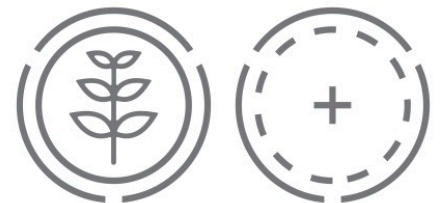
Second Year



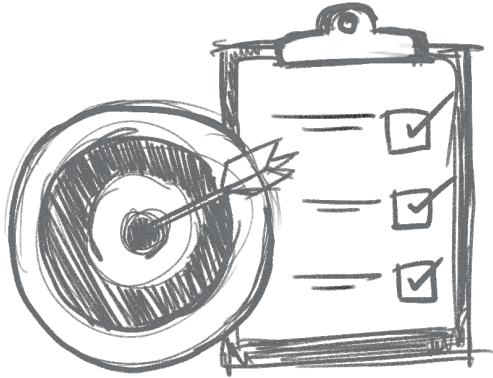
Third Year



Fourth Year



Through Experience VT, Students Will:



Set goals



Pursue meaningful experiences



Identify their strengths



Take action

Why ExperienceVT Matters

Research* shows that when students engage in **key experiences** during college, their **confidence** and lifelong **well-being increase drastically**.



PERSONALIZED
MENTORING



CO-CURRICULAR
ACTIVITIES



LONG-TERM
PROJECTS



EXPERIENTIAL
LEARNING



CAREER & LIFE
SKILLS

ExperienceVT makes these experiences accessible to ALL students!

* 1 Gallup & Strada Education Network. (2018). 2018 Strada-Gallup alumni survey: Mentoring college students to success. <https://news.gallup.com/reports/244058/2018-strada-gallup-alumni-survey.aspx>

2 Crabtree, S. (2019). Six college experiences linked to student confidence on jobs. Gallup. <https://news.gallup.com/poll/246170/six-college-experiences-linked-student-confidence-jobs.aspx>

ExperienceVT and Developmental Advising

- **ExperienceVT gives students** a framework to intentionally design their entire Virginia Tech experience:
 - Identify Strengths
 - Set Goals
 - Plan Experiences
 - Take Action
- **ExperienceVT gives advisors** a conversational framework to engage in developmental advising – going beyond academics and classes





4-QUESTION CONVERSATIONAL FRAMEWORK

The Four Questions

Map Conversation Questions
From: <https://my.experience.vt.edu/ExperienceVT-Map-Conversation-Guides.pdf>

- 1 What are your goals for this semester? **GOALS**
- 2 What strengths do you have that might help you accomplish those goals? **STRENGTHS**
- 3 What experiences on campus are you curious about to help you work toward those goals? **EXPERIENCES**
- 4 What would help you take the initiative to get involved in those experiences? **ACTION**

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experience@vt.edu

A conversational framework that focuses first on a student's **goals and strengths (foundation)** and then focuses on the **experiences and action (plan)** needed to make progress.

#1 – Ask About GOALS

Map Conversation Questions

From: <https://my.experience.vt.edu/ExperienceVT-Map-Conversation-Guides.pdf>

- 1 What are your goals for this semester? **GOALS**
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“What are your goals for this semester?”

- SMART Goals
 - Specific
 - Measurable
 - Achievable
 - Realistic
 - Time-Bound
- Example: *I will be elected as an Undergraduate Student Senator during Fall 2022*

#2 – Ask About STRENGTHS

Map Conversation Questions

From: <https://my.experience.vt.edu/ExperienceVT-Map-Conversation-Guides.pdf>

- 1 What are your goals for this semester? **GOALS**
- 2 What strengths do you have that might help you accomplish those goals? **STRENGTHS**
- 3 What experiences on campus are you curious about to help you work toward those goals? **EXPERIENCES**
- 4 What would help you take the initiative to get involved in those experiences? **ACTION**

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“What strengths do you have that might help you accomplish these goals?”


- Gallup CliftonStrengths OR general talents/attributes
- Example: *I will use my **futuristic** and **strategic** strengths to create my vision for how I can improve Virginia Tech as a senator, and I will use my **WOO** strength to meet as many people as possible to share this vision and invite them to vote for me.*

#3 – Ask About EXPERIENCES

Map Conversation Questions
From: <https://my.experience.vt.edu/ExperienceVT-Map-Conversation-Guides.pdf>

- 1 What are your goals for this semester? **GOALS**
- 2 What strengths do you have that might help you accomplish those goals? **STRENGTHS**
- 3 What experiences on campus are you curious about to help you work toward those goals? **EXPERIENCES**
- 4 What would help you take the initiative to get involved in those experiences? **ACTION**

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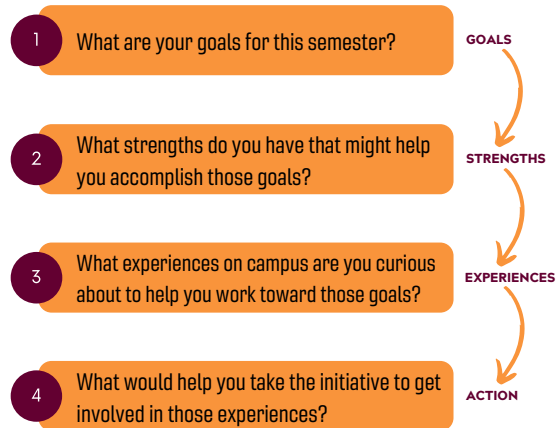
“What **experiences** on campus are you curious about to help you work towards those goals?”

- Help the student “connect the dots” between what they want to accomplish, and what is available at the university.
- Use resources like the ExperienceVT web app, or consult with others, as needed.

#4 – Ask About ACTION

Map Conversation Questions

From: <https://my.experience.vt.edu/ExperienceVT-Map-Conversation-Guides.pdf>



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“What would help you take the initiative to get involved in those experiences?”

- Help the student create a specific plan for how they will get involved in those experiences.
- Help the student problem-solve and eliminate participation barriers, as needed.

How To Start This Conversation?



- Look for “Pivot Points”
Places in the conversation to shift from transactional to developmental
- Ask:
“Would you like to talk about your “big picture” goals for your time at Virginia Tech? I can help you make a plan for working toward those goals.”

Experience It Yourself!

MY GOALS,
STRENGTHS
& EXPERIENCES

GOALS

STRENGTHS

EXPERIENCES

- Make a list:

3 goals you have (next 6 months)

2 strengths you have that you can use to accomplish those goals

1 experience you are curious about to get started working towards those goals.

Role-Play: Practice



- Find a partner
- Use the 4-question framework (Goals, Strengths, Experiences, Action) to have a developmental conversation.
- Start with one person asking all the questions, then change roles.

Role-Play: Debrief



WHEN ASKING THE QUESTIONS:

- How did the conversation feel?
- What did you learn about the other person?

WHEN ANSWERING THE QUESTIONS:

- How did the conversation feel?
- What did you gain from the conversation?

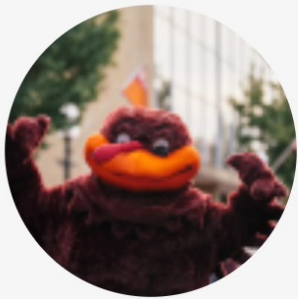
ExperienceVT Web App



MY EXPERIENCEVT DASHBOARD

This is your ExperienceVT dashboard. Use it to focus on key success factors - your strengths, goals, reflections, and [map](#).

By knowing who you are, why you're here, and where you're headed, you will ExperienceVT and thrive.



Welcome, HOKIE BIRD



Edit your profile

MY STRENGTHS: **ACHIEVER | CONNECTEDNESS | FUTURISTIC | HARMONY | POSITIVITY**

MY REFLECTIONS

Goal 1

Engage with the fellow members of the Virginia Tech Community

Goal 2

Learn about how to best utilize my strengths

Goal 3

Create personal and professional connections to strengthen my job optimism.



EXPERIENCEVT



STUDENT AFFAIRS
VIRGINIA TECH.

MY EXPERIENCEVT MAP [?]

Create your ExperienceVT map to see what's out there, identify pathways toward your goals, and propel your vision. To get started, add the year(s) you're planning. Then, add an experience by: selecting a blank map icon, searching and choosing from the [possibilities](#), and answering a few questions about your desired experience. After you complete a row of experiences, a new row will appear.

For more guidance, click the question mark above, access the [Help](#) section, or use the [Aspirations Fellows Pathway](#).

Before You Get To Campus

+

First Year (2019-20)

-



Play Intramural Sports



Register with Services for
Students with Disabilities
(SSD)



Attend Gobbler Nights



DISCUSSION

How can these conversations about strengths, goals, experiences, action

...benefit *advisors*?

...benefit *students*?

Apply What You've Learned



In the next two weeks:

- Use the **4-Question Conversational Framework** in an advising conversation with at least one student.
- Reach out to us for additional consultation or information.

Any Questions?

- What questions or thoughts do you have about ExperienceVT that we haven't answered?
- What thoughts do you have about your next steps?

Contact the Office for Learning Partnerships directly at:

experience@vt.edu

