METACOGNITION	*Getting past sweeping judgements (the binary of good/bad)*
	Giving yourself more specific feedback and *a reality check*

- Describe, in detail, someone you admire (for qualities relevant to tutoring).
- Describe, in detail, someone who you think would be an *awful* tutor. How would you explain to them what they're doing wrong?
- What are your favorite metaphors for tutoring? Think about the origin or derivation of these metaphors; what else do they imply?
- If all your assessments come from yourself, would it help to anchor them in something (e.g., someone else's impression, or feedback from a writer)? What could you look to as an external indicator of success?

OWNERSHIP	*Clarifying external standards and choosing whether (or to what extent) you should make them your own*

- Where are you getting your cues from about what is 'good' tutoring? Why have you chosen this as a benchmark?
- Where (or who) does the pressure to be a 'good tutor' come from? What are the penalties for being a 'bad tutor'?
- Describe how you want to feel when you finish a session.
- Scenario: the writer walks away at the end of a session, clearly disappointed in you. Under what terms would you be OK with this outcome?

POWERLESSNESS	*Some things feel like they're out of your hands*

- Are there external constraints and pressures that make you feel trapped and overwhelmed as a tutor, issues that you can't possibly address in a session?
- Do you feel like you have fixed personality traits or personal characteristics that work against you as a tutor? Have you been underestimated/disrespected by writers, maybe frequently and for the same reason (e.g. you're not a native speaker, you're an undergraduate, you're quiet, etc.)?

BOREDOM	*You're a tutoring machine!*

- What are your routines as a tutor? (e.g., what do the first few moments of every session look like?) Map them out, and identify a few places where you could feasibly try something else.
- Is there a difference between 'comfort' routines and 'bored' routines? What is it? How would you rate your own routines?

| **BAGGAGE** | *Tutoring brings up rough stuff*
Other parts of your life follow you into sessions |

- Does tutoring remind you of other (difficult, unpleasant, stressful) experiences? How conscious are these associations (is this the first time you've spelled them out)? How accurate are these associations?

| **ENVIRONMENT** | *You've been focused on mental and emotional factors but it's actually environmental factors that hinder your tutoring* |

- Under what conditions are you at your best, mentally and emotionally? Do you regularly lack those conditions during tutor sessions?
- Are you comfortable in the environment at the writing center? Are there distractions?

| **ONE BIG STEP** | *Something has you disproportionately paralyzed*
Jump off the deep end, bite the bullet, confront your fears |

- What are you most afraid of hearing from someone (writer, admin, tutor, teacher …)? What's the worst case scenario? Play it out in your head!
- What's something you've tried to do as a tutor and feel that you totally failed at? What were the consequences or repercussions?
- Think of a risk you'd like to take in your tutoring. What would make you feel safe enough to take it?

| **REFLECTION** | *Mining past experience for clues and resources* |

- How have you improved as a tutor? What's changed during your time here? Does this provide any clues for how you can continue developing?
- How are you documenting your development over time?

| **FOCUS** | *You have ideas and ambitions but they never happen!*
There's too much on your plate |

- What is your most pressing question right now as a tutor? Who would you like to pose it to? What do you you think they might say?
- Scenario: you have a terrible session. Immediately afterwards, what should you do?
- Is there *one* thing you can do as a tutor that would take no more than *ten minutes*, something that you could turn into a weekly habit?