



# **MENTOR TRAINING MODULE**

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## **Ask Great Questions**

**Get interested.**

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**NAME:**

# BE INTERESTED

For years, we have been training our students that it is way more important to BE INTERESTED than it is to be interesting.

Kids are so focused on creating their own personal brand via social media. They are competing for attention and measuring their value with "likes" and "friends" that they may have never even met. The pressure is on them to be interesting. That pressure is overwhelming.

Psychology has shown that there is a better way to build relationships. You don't need to be INTERESTING. Instead, focus your energy on others. Show them that they are valued by being INTERESTED. People love spending time with people who make them feel important. So if you want real relationships, demonstrate interest in others.

The top way to do this is to practice the skill of ASKING QUESTIONS. Instead of talking about yourself, ask questions that enable you to learn about someone else. This one skill will redefine your relationships and make you a more desirable friend, leader, teammate, spouse, parent, teacher...person.

Spend some time crafting GREAT QUESTIONS that will challenge others to think. Great questions will stimulate great conversations and help you to deepen your relationships through shared experience.

We've attached a list of 101 GREAT QUESTIONS to get you started. Feel free to add your own. Enjoy your conversations and thanks for your investment into the relationship with your kids.



## 101 Great Questions for Mentors

Ask. Listen. Connect.

1. What is something that I don't know about you?
2. What is your favorite place? Describe it in detail for me.
3. Who are some of your heroes?
4. What are some characteristics that you admire in other people?
5. How often do you fail?
6. How would somebody know if you were unhappy?
7. What is one thing that you have done that you are really proud of?
8. What kind of music do you like? Which artists?
9. If you could learn to play any musical instrument, which one would it be and why?
10. What is your favorite time of the year?
11. Which holiday is your favorite and why?
12. If you could create a new holiday that everyone would have to celebrate, what would it be called?
13. What are your favorite physical activities to participate in? Sports?
14. How often do you exercise? Do you like to exercise?
15. Who do you trust the most?
16. What makes you trust somebody else?
17. If you could have any job in the world, what would it be and why?
18. What are 2 goals that you have for your future?
19. Is it easy or challenging for you to make new friends?
20. What would your friends say about you?
21. What are 3 of your values? What 3 things are most important to you?
22. If you are happy, how do you show it?
23. What's one habit that you have that you know is not productive?
24. What are 3 skills that you wish you had?



25. If they made a movie about your life, what the title be? Which actor would you choose to play you?
26. What is the hardest thing that you ever had to learn?
27. Are you comfortable in your life right now?
28. What are you afraid of?
29. Who makes you feel good?
30. What are some of your favorite foods?
31. What is something that has surprised you recently?
32. If you could trade lives with someone that you know, who would it be and why?
33. If you could travel through time, where would you go and why?
34. If you could learn a new language, what would it be?
35. Where do you dream about travelling?
36. What are your favorite things to watch on TV?
37. What is your favorite childhood memory?
38. What's more important, being intelligent or being creative?
39. What are 3 things that you do for fun?
40. What is your favorite place to visit in this city?
41. Where do you go when you want to be alone?
42. How do you feel about your country?
43. If you were leader of the entire world for one day, what new laws would you put into place?
44. What's the biggest problem that you see in the world today? How would you fix it?
45. If you had the power to cure any disease, which one would you choose?
46. If you could invent something that would change the world, what would it be?
47. Who are your role models?
48. What's the most important life lesson that you have learned?
49. How do you handle rejection?
50. When you fail, how do you handle it?
51. What would you do if you knew you couldn't fail?



52. What are you pretending not to know?
53. What is something that you see in the news that you wish you understood?
54. What are your favorite books?
55. What's your favorite joke?
56. What is your fashion style?
57. How many people do you feel close to?
58. What is something that makes you angry?
59. Who do you think is a great leader?
60. Who is your favorite teacher and why?
61. What is your favorite part of your body? Least favorite?
62. What is the stupidest thing that you have ever done?
63. When do you dance? Sing?
64. What is your favorite movie of all time?
65. What website do you spend the most time on?
66. What is your favorite video on YouTube?
67. What is your favorite animal?
68. If you had the power to bring back one extinct species, what would it be and why?
69. What has been the most challenging experience of your life?
70. If you could have lunch with a famous person (dead or alive), who would it be and why?
71. How do you feel about religion?
72. Are all people created equal?
73. What is one obstacle that you are facing? What stops you from getting what you want?
74. Are you good at keeping secrets?
75. Is your attitude usually positive or negative? What makes it change?
76. Who is the smartest person you know? What have you learned from them?
77. If you could snap your fingers and instantly be the greatest in the world at something, what would it be?





78. If you could have a single superpower, what would it be and how would you use it?
79. How do you learn something new?
80. Who do you trust to tell you the truth, even if it hurts?
81. What is your greatest moment of courage?
82. What is the most inspirational thing you have ever seen?
83. Are you good at making decisions? Tell me about a good decision that you've made recently.
84. When do you feel smart?
85. Do you like working on a team or by yourself?
86. Who is the family member that you have the best relationship with? The worst?
87. How do you fix a relationship?
88. How confident do you feel in school? Outside of school? At home? Here?
89. What is the definition of responsibility?
90. What is the toughest thing that you do each day? Best thing?
91. What makes you laugh? Are you funny?
92. How do you celebrate when you are successful?
93. What are you best at? How did you get good at it?
94. What do you wish people knew about you?
95. When have you been dishonest? How did that feel?
96. What is the best learning experience of your life? Why?
97. What is the strangest thing you have ever eaten?
98. Who do you feel like you should apologize to? For what?
99. Who do you respect the most? Why?
100. How does someone become your friend?
101. What are 3 things that you want me to know about you?