

“Get to Know You” Questions

Strength Based Engagement Questions (Domains)

Strengths from Family Activities and Positive Memories

- What does your family do for fun? When was the last time you did it?
- When was the last time you laughed as a family? Describe what happened?
- What are the most memorable events in your family’s history?

Strengths of Family Cohesion

- What does your family do well as a group?
- What are the best things about your family?

Strengths of Each Family Member’s Contribution to the Family

- What do each of you like about each other member of the family?
- What attracted you to your husband/wife/partner?

Parenting Strengths

- For parents, tell me about all of the things that you have done and are doing well in raising this family?
- Who do you think is a good parent? What do they do that makes them a good parent?

Strengths for Working on Family Issues

- What has worked well in dealing with family problems in the past?
- How were they helpful?
- How are things different when they are going great, or better, for your family?
- How would you like your family to be different six months from now?

Recreational/Creative Strengths

- What do you do for fun and when was the last time you did it?
- What hobbies, interests, types of movies, books, etc do you enjoy?
- Who do you enjoy doing these activities with? (informal supports)

Student Strengths

- What are your favorite subjects?
- What subjects do you want to get good grades in?
- Are there sports, clubs or activities you in or would like to be involved in?
- What do you like best about your school? / What frustrates you at school?

Strengths in School Relationships

- Which kids at school do you like to hang around the most?
- Name an adult at school that you admire.

- What do you appreciate about him/her?
- What do you do together?
- Who was your favorite teacher of all time?

Spiritual Strengths

- Are there any spiritual beliefs and strengths that you draw from?
- Are there any persons present or past who has provided spiritual care for you?

Neighborhood and Community Strengths

- Describe what your neighborhood is like.
- What would you change in your neighborhood if you could?
- If you could live anywhere, where would it be? Who would live with you?

Strengths through Employment and Community Service

- For employed parents: How do you use your strengths in your current job?
- What opportunities do you have, or wish you had, for sharing your strengths and talents and services in your school, neighborhood, and/or community?
- Who have you done this with, or whom would you like to do this with?

Questions to Assess Family Strengths and Interests

- What were you like as a kid?
- What were you good at doing as a kid?
- What kind of student were you? Did you like school?
- Tell me about your favorite teacher.
- If you could say one good thing about yourself, what would it be?
- What would other people say? Your family members?
- How are decisions made in your family?
- The last time a problem occurred in your family, how was it handled?
- Describe the positive interactions in your family.
- What are some of the most important things that have happened to or in your family?
- What are the most important concerns that you are dealing with now?
- What was different when things were better for your child and the family?
- What was different when things were worse?
- What are the best things about each of your children?
- What are your dreams for your family's future?
- How did you and your partner/spouse meet?
- How long have you lived in this neighborhood?
- What are two good things about your neighborhood?
- How do you picture your family five years from now?
- What progress has your family made toward its goals?
- If you could accomplish one goal over the next year, what would it be?

Questions to Assess Parent Attitudes and Values

- What do you think your parents thought was most important for you to learn as you grew up?
- What would you like your children to learn?
- What are some of your family traditions? (Holiday celebrations, etc.)
- Do you celebrate them now?
- How would you like to hear someone describe your family?
- Say a few things about loyalty as it relates to your family.
- Picture your family as you would like it to be. What is each person doing? What roles are they playing in the family?
- What are your family's greatest accomplishments?
- What are you most proud of about your family?
- What qualities and abilities do you use to help your family in times of stress or hardship?

Questions to Assess Existing Formal Support Systems

- What services are you currently receiving?
- Which services do you think are helping your child and family?
- Which services are you most comfortable with?
- Are people available when you need them?
- Of all the services that you are receiving, who is the person that you find most helpful and dependable?
- Do you feel comfortable with the frequency of contact that you have with various agencies/services?
- Have you ever had a crisis in your family? Do you know whom to call? Did they respond promptly and in a helpful manner?
- Do you think the service providers are working together?
- Tell me about community activities that you are involved in? (Church, clubs, sports, scouts, lessons, etc.)
- Who is the first person your child calls when he/she needs help?
- Who does the family turn to in time of need?
- Do you have family members who live nearby?
- How often do you see each other?
- How are they involved with your child and family?
- Who is the first person *you* call when you need help?
- Who comes to your family celebrations? (Holidays, graduations, reunions, birthdays, etc.)

Questions to Assess Informal Support Systems

- Does your child have interests or abilities that he/she would like to use or learn about in the community?
- Are there things that your family would like to work on together?
- What programs and/or activities are available in your community that you would like to be involved with if you could be?
- Is there anyone in your community that you or your child are interested in getting to know?
- Are there community programs that you know about that you have considered being involved in, but for some reason changed your mind or were unable to become involved?