### 2022-2023 WiGROW Questions

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| 1) Tell me what's new with you.                                         | - What's your rose, bud, or thorn for the day/week?  
- What has been your favorite [comfort food, mindless tv show, etc.] lately?  
- What motivates your day today?  
- What are you involved with on campus? How are they going?  
- What is one way you’re taking care of yourself lately? |
| 2) What skills are you learning or practicing in your job? // What are you learning in this job? | - Tell me about a project you’re working on and what skills you’re using.  
- When do you notice yourself being most [interested, creative, curious] at this job?  
- If you were recruiting a friend to work here with you, what would you tell them about what you do/how you benefit from working here instead of somewhere else?  
- When there is something you don’t know in this job, how do you find the answers?  
- Tell me about a situation that required you to grow. |
| 3) How have you worked with and learned from other people in your workplace? | - Who has influenced you the most in this job? What qualities of theirs would help you thrive in this workplace?  
- Who on our team has a really different approach to getting work done than you? What could you learn from them?  
- Tell me about a time when you had to interact with someone who was upset. What skills did you use to navigate that situation? Is there anything you would change about your response?  
- Is there anyone who is being unheard or overlooked in our workplace? How can you and I advocate for their perspective? |
| 4) How does your job impact your college experience?                    | - Who has influenced you the most in this job? What qualities of theirs would help you thrive in this workplace?  
- Who on our team has a really different approach to getting work done than you? What could you learn from them?  
- Tell me about a time when you had to interact with someone who was upset. What skills did you use to navigate that situation? Is there anything you would change about your response?  
- Is there anyone who is being unheard or overlooked in our workplace? How can you and I advocate for their perspective? |
| 5) How is this job preparing you for your career?                       | - What kind of job or internship do you hope to work in next? How can I help you prepare for it?  
- What other tasks or responsibilities in our department do you think you’d like to try if there was an opportunity?  
- What skills do you want to be working on in this job? How could those skills follow you to a different role?  
- How would you write about this job on your resume?  
- What have you learned in this job about the type of work environment you want to find after college? |
WiGROW Resource Sheet

Here is a list of campus resources that may be helpful as you navigate WiGROW conversations.

Basic Needs:
- **Dean of Students Office**
  - **Student of Concern**
    - A student of concern is any student who is displaying behaviors that may interfere with a student's ability to be successful at the University or disrupts the learning of others.
  - **Reporting an Incident**
    - Reports: Incidents of Hate &/or Bias, Sexual Assault, Hazing, Dating/Domestic Violence, Stalking, and Missing Student.
- **FoodShare**
- **Emergency Financial Support**
- **Campus Safety Resources**
- **Tenant Resource Center / Tenant Resource Center - UW Madison**
- **Office of Childcare and Family Resources**
- **Please refer students to the Basic Needs Support Team** → (basic.needs@finaid.wisc.edu)

Mental/Physical Health Services:
- **Medical Services**
- **Mental Health Services**
- **Recreation and Wellbeing**
- **Wellness Programs**
  - Includes Massage Therapy, Meditation, Nutrition Services, Pain Management, Quitting Nicotine, Sleep, Stress Management, and Yoga
- **Prevention/Survivor Support**
- **Student Health Insurance**
- **Employee Assistance Program (EAP)**

Inclusivity:
- **Multicultural Student Center**
- **International Student Services**
- **Creating Community**
  - Page that promotes Equity, Diversity and Inclusion at UW–Madison. Very helpful site with resources, tutorials, workshops, and much more!
- **Social Justice Hub**
- **Inclusive Student Employment Practices**
- **Transfer Transition Program**

Student Accomodations:
- **McBurney Disability Resource Center**
- **GUTS Tutoring Services**

Other Campus Resources:
- **UW Career Services**
- **Voter Information**