**Building Rapport**

**Meghan (Needs Assessor):** [00:00:04] Hi, Adam. Thanks so much for joining me on the call. I am Meghan, and I'm the needs assessor for today and all we're going to do in this session is just have a bit of a conversation about the things that you're really good at, some of the things that you might find a bit challenging at university and, um, some of the strategies we can use to help you when you're at university to make sure that you're really confident and able to do all the things you want to be able to do and have to do at your university.

How are you doing today?

**Adam, Student:** [00:00:34] Yea, I'm not to bad

thanks..

**Meghan (Needs Assessor):** [00:00:37] Are you enjoying your week? You had a good week so far.

**Adam, Student:** [00:00:41] It has been okay. University has

been really

busy and it has been really

warm,

really hot so I've been struggling to

concentrate a bit.

**Meghan (Needs Assessor):** [00:00:53] That makes a lot of sense, but it looks like you have been surfing pretty recently. Is that a surfboard I see behind you that I can see.

Yeah it is actually, I love surfing.

**Adam, Student:** [00:01:04] Just to get away from uni and work and just hit the waves and get away from the computer for a while.

**Meghan (Needs Assessor):** [00:01:15] Awesome.Do you go surfing with friends?

**Adam, Student:** [00:01:22] Yeah there's a group of us that go surfing at the beach, it's really good when it's this hot!

Not so good in

the winter.

Yeah,

something I love to do that gets me away from the

computer!

**Meghan (Needs Assessor):** [00:01:39] Are you going surfing this weekend it's meant to be nice and sunny.

**Adam, Student:** [00:01:44] Certainly is! Yep, we'll be down there. Me and Chris are going for a surf on Saturday morning.

**Meghan (Needs Assessor):** [00:01:51] Sounds amazing. I'm so jealous. I've never been a very good surfer, I find myself falling off the board all the time. I guess that's apart of the fun of it really. And what about in the winter? Do you do lots of football matches in the winter, is that a Man U football shirt you've got there?

**Adam, Student:** [00:02:09] It is! Don't judge me (laughs). I'm a huge Man United Fan.Yeah. Can't wait for the season to start! Not long now!,

**Meghan (Needs Assessor):** [00:02:20] Do you play football as well?.

**Adam, Student:** [00:02:22] Yeah. Really

badly. Yeah. I love it. I did try out for the uni team but it was not the most successful try out i've ever had.,

**Meghan (Needs Assessor):** [00:02:39] Oh no!. What happened?

**Adam, Student:** [00:02:41] I think it's called "I should have trained more"! I was a bit unfit.

**Meghan (Needs Assessor):** [00:02:47] I see. I see,

But it is great to have so many different hobbies surfing and football, but both very active, very, very active hobbies.

**Adam, Student:** [00:02:56] Yeah, I don't like sitting around too long.

**Meghan (Needs Assessor):** [00:03:00] Maybe that's one of the things we can, we can try and build in this needs assessment into some of those strategies we can try and get you moving a bit more while you're, while you're studying.

**Adam, Student:** [00:03:09] Sounds good

to me, interesting!

**Meghan (Needs Assessor):** [00:03:12] Amazing. Well, let's get started. I've got a couple of questions for you to say. We're going to just have a bit of a friendly chat like we've just had talking about some of the things that you find difficult, but also some of the things that you're great at, like surfing and maybe a bit less about football.

**Adam, Student:** [00:03:26] Okay,

great!.