*Interview between students about the Thermos-dashboard.*Developed in coordination with the study program Biomedical Sciences

**Design: 40 minutes total.**Both students get 5 minutes to answer the following questions.

You will conduct an interview in a pair. The questions below are structured in steps to work towards a meaningful reflection and specific action. Choose one of the options below to carry out the interview. You may help each other and make suggestions if necessary.

1. **Parallel:**

You take turns in discussing your case per step. This has the advantage that you can compare your cases for each step to gain new insights and learn from each other.

1. **Sequential:**

You take turns in discussing all the steps for one case. This has the advantage that there is room to focus entirely on one case and go into depth.

**Step 1: Observe**If you look at the dashboard, what do you see? What stands out? What are your thoughts?

**Step 2: Analyse**Do you recognize yourself in the visualisations? In what, in what not? Why or why not (and what demonstrates that)?

* If you look at your highest score: do you recognize this skill in yourself?

Give an example that shows this (What did you do, when, with what results?)

* If you look at your lowest score: do you recognize this skill in yourself?

Give an example that shows this (What did you do, when, with what results?)

* Do you have questions/uncertainties in response to your dashboard? Who or what do you need to provide you with more insight?

**Step 3: Choosing a focus**which skill appeals most to you to work on (does not have to be the lowest score, free choice)?

* The skills you don’t want to work on or want to work on less: why are these less appealing to you?
* Are there skills you need more information about to estimate its value to you?

**Step 4: Make it specific**Formulate (together) a specific action concerning your chosen skill. What will you do when, how, and possibly with whom?

* Make sure your specific action is small, make it feasible at short notice.
* You can also divide your action into smaller parts. What will you do the following 24 hours, the following two weeks, and the following two months?
* Answer the following scale question (scale 1-10): how much confidence do you have that you will actually carry this out? Is this number a 7 or lower: then this action is not good enough. The step is too big (then make it smaller) or not meaningful enough for you (think of another action that is more suitable for you).