

Academic Coaching at the Learning Center

What Is It?

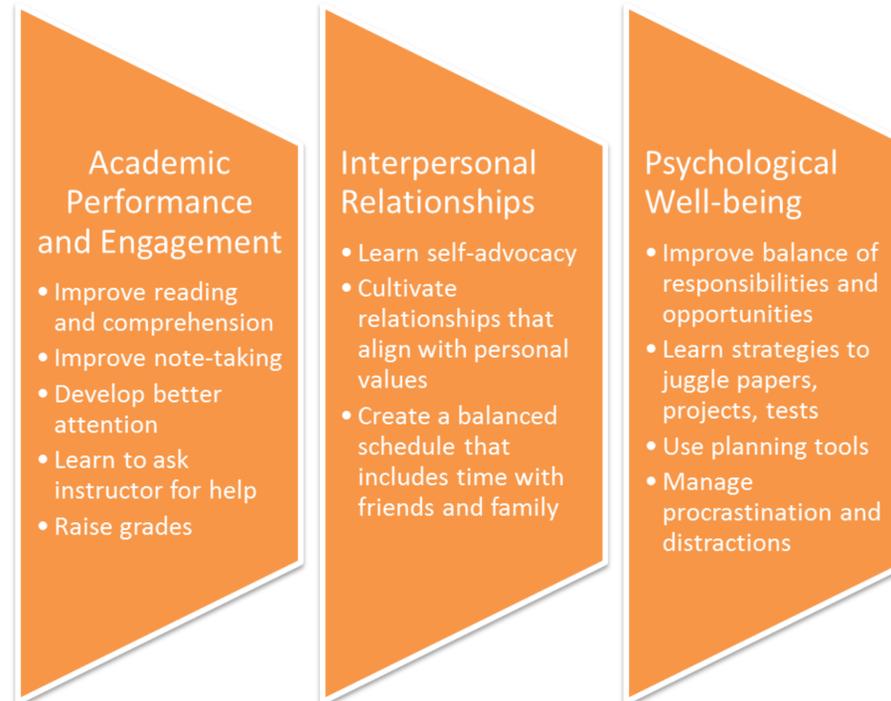
A collaborative relationship that empowers students to:

- set and take action toward goals
- stay accountable and committed to goals
- understand their habits and thinking patterns
- understand their strengths and weaknesses
- learn self-regulation
- learn effective study skills



Student Role:	Academic Coach Role:
Set agenda for session	Keep student focused on agenda throughout session
Self-Reflect: <i>How do I want my situation to be different? How do I want to be different?</i>	Ask questions to promote self-discovery
Brainstorm solutions and ideas	Ask questions to generate possibilities, broaden and evaluate perspectives
Try out an idea, practice a strategy	Provide guidance and feedback
Make commitments to use strategy independently	Ask questions to help student develop a clear action plan
Agree to be held accountable	Brainstorm accountability measures

How Students Benefit



How It Works



Adapted from Joy Birmingham (2014). Coaching 101 Training Handout

What Research Says

Improved Self Regulation

- increased self-awareness
- better management of time, emotions and stress

Better Planning Skills

- realistic goal setting
- logical action plans
- ability to persist, evaluate and modify plans

Improved Academic Achievement

- higher grades, retention and graduation rates

See handout for references

What Students Say

“My coach did a great job of working through my schedule and asking me what I wanted to do, instead of telling me what I had to do.”

“I came into the session feeling embarrassed and helpless in regards to my poor performance this semester. Because I thought through my own goals and plan, I left the session feeling motivated and more confident in my ability to turn things around.”

“I have...learned to think of my ADD as a gift rather than a burden. Coaching taught me to be more aware of my ADD and to anticipate challenges before they become problematic. It also taught me to be my own coach when coaching was not an option.”

“Carolina can seem like a big, scary place and this group is a great way to connect with other students and help students reach their goals and dreams. I think coaching groups are the best kept secret on campus!”