**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

### How Students Benefit

**Academic Performance and Engagement**
- Improve reading and comprehension
- Improve note-taking
- Develop better attention
- Learn to ask instructor for help
- Raise grades

**Interpersonal Relationships**
- Learn self-advocacy
- Cultivate relationships that align with personal values
- Create a balanced schedule that includes time with friends and family

**Psychological Well-being**
- Improve balance of responsibilities and opportunities
- Learn strategies to juggle papers, projects, tests
- Use planning tools
- Manage procrastination and distractions

### How It Works

<table>
<thead>
<tr>
<th>Set the Session Agenda</th>
<th>Self-Reflect and Learn</th>
<th>Commitments and Accountability</th>
<th>Brainstorm Solutions and Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>“What would you like to focus on today?”</td>
<td>“What do you want to use our time?”</td>
<td>“What steps are needed to complete this?”</td>
<td>“How will you handle possible pitfalls?”</td>
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<tr>
<td>“How do you want to use our time?”</td>
<td>“What would success look like in this situation?”</td>
<td>“When?”</td>
<td>“How will you track progress?”</td>
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<td>“What have you learned from last week?”</td>
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<td>“What behavior needs to change to meet your goal?”</td>
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</tbody>
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### 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

### 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!"

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

See handout for references