Student-centered Coaching

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February 26, 2018
Academic Coaching

A collaborative, trusting 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 areas of growth
- Improve self-regulation
- Learn effective study skills
Fundamental Coaching Beliefs & Assumptions

1. Students are “naturally creative, resourceful and whole”; they are not broken and they do not need to be fixed
2. Students are the experts on their lives
3. The student, not the problem, is the focus
4. Challenges are opportunities for growth
5. Coaching is collaborative
Introducing our Panel

– Vicki Behrens: Writing Coaching
– Gigi Taylor: English Language Support
– Robin Blanton: STEM Coaching & Programs
– Christy Clemons: Peer Tutoring
Questions: The **Fundamental Coaching Tool**

Examples of coaching questions:
- What’s another way of looking at this?
- If you could do it over again, what would you do differently?
- What will happen if you do, and what will happen if you don’t?
- What do you want your reader to know?
- What kind of plan do you need to create?
- What does your professor want you to learn from this assignment?
- What is the opportunity here? What is the challenge?
- What’s next?
Now You Try!

Goal: Coach using **only** open-ended questions

- Get a partner
- Take turns coaching for 5 minutes each
- As the coachee, you can present a real-life issue, or you can role-play a student you’ve worked with
- Use the “bubble sheet” as a guide
Join us for Coach Approach Training!

Coach Approach Training is a two-day professional development program for UNC faculty & staff

Next training is March 12 & 13! Also dates in May, June & July

Register: learningcenter.unc.edu/coach-approach-training/

Also, we have fliers!
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Thank you!