

**AN
INTRODUCTION
to ACADEMIC
COACHING**

YOU'LL FIND

NO ANSWERS

HERE

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AGENDA

STUDENT SUCCESS

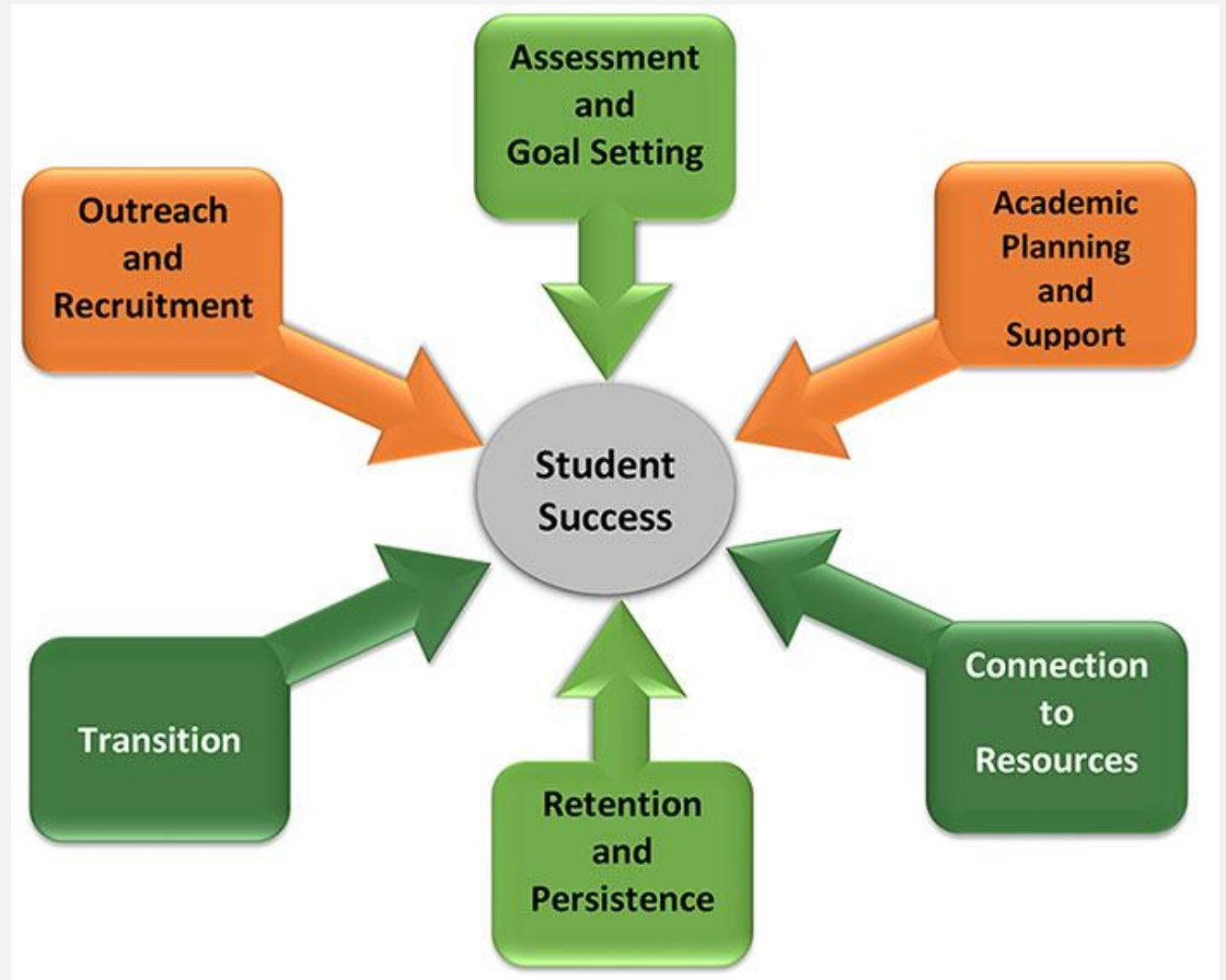
WHAT IS COACHING?

WHY COACHING? THE BASICS

EXAMPLE OF A COACHING SESSION

Q & A

CAN COACHING
FIT INTO YOUR
STUDENT SUCCESS
PROGRAMS?



WHAT DOES
YOUR
INSTITUTION
OFFER?

- Faculty mentor
- Research mentor/advisor (since time began)
- Academic advisor (1970's - early 2000's)
- Student success advisor
- Academic support advisor
- Intrusive & prescriptive advising
- Appreciative advising (2008)
- Success coach (mid-late 2000's)
- College life coach
- Peer mentor/coach
- Career coach

ACADEMIC COACHING

Academic coaching allows you to see yourself, your skills, and your study habits from a fresh perspective

Academic coaching is a student-driven process

Your academic coach will partner with you to develop the mindset, skills, and behaviors you need to be a successful student

Your Academic Coach's Responsibilities:

- Communicate clearly and honestly with you
- Encourage you to learn from the past to enhance future performance
- Help you determine skills, strategies, and behaviors you want to enhance
- Refer you to appropriate campus resources as needed

IN A NUTSHELL



- Coaching can be used in conjunction with all student support services/offices
- There are many coaching models, use what works best in the time that you have
- Use open-ended questions to develop goal, skills, action plan
- Focus on behavior change, goal setting and accountability

REFERENCES

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