Academic Coaching is much like sports coaching; coaches help a student develop learning, planning, and self-management skills so that he or she can be successful in their college experience and the workplace. The student “plays the game” while the coach helps the student improve academic skills, know when to use a strategy, and how to use feedback to make adjustments to become successful.

Skills Built with Academic Coaching:

- Self-Advocacy
- Self-Determination
- Self-Efficacy
- Self-Monitoring
- Self-Regulation

Academic coaching provides accountability and support that promotes the highest level of student independence.

It’s also a place for students to troubleshoot what’s not working and to find new tools and processes. Academic coaching offers guidance, options, and strategies that play into a student’s strengths. These tools empower students to take action, assess outcomes, and adjust to changing demands.

Academic coaches offer guidance in the direction of independence and help students to strategize and prioritize their college, work, and personal lives so they can be confident and successful.

Outcomes of Academic Coaching

Academic coaching is a partnership of feedback: the student evaluates their classes and experiences, thinking critically about what’s going well and what’s not, and then our coaches discuss actions or tools the students can use to better support themselves.

Academic Coaching is catered to each student’s needs and, as a result, provides different outcomes. In general, however, academic coaching services aim to:

- Reduce stress and anxiety
- Provide a supportive partnership
- Break down internal and external barriers to learning
- Help students reflect on their own performance
- Enhance self-awareness