

STUDENT SUCCESS COACHING

Success Coaching is the individualized practice of asking reflective, motivation-based questions, providing opportunities for formal self-assessment, sharing effective strategies, and co-creating a tangible plan. The coaching process offers students an opportunity to identify their strengths, actively practice new skills, and effectively navigate appropriate resources that ultimately results in skill development, performance improvement, and increased persistence.

Robinson, C.E. 2015

FOCUS AREAS


The coaching methodology used by success coaches includes 8 focus areas which are used to assess students' strengths, opportunities, and red flags. The eight focus areas impact a student's ability to persist and stay in school.

COMMITMENT TO GRADUATION

This coaching area focuses on helping students clarify their personal motivations for obtaining their degrees. During coaching sessions, coaches reinforce student aspirations, helping them understand their purpose, holding them accountable to their goals, and empowering them to persist from year to year.

ACADEMICS

This coaching area focuses on the learning process and the "how" of learning. During coaching sessions, coaches help students achieve their educational goals by teaching them about college expectations and academic habits. Coaches help students develop effective learning strategies including reading, writing, test taking, critical thinking, and study skills, and connect them with campus academic support services.



UNIVERSITY COMMUNITY

This coaching area focuses on students' sense of belonging or "fit." Coaches help students engage with the campus community by identifying specific people, resources, and activities, encouraging them to take advantage of the opportunities available to them.

MANAGING COMMITMENTS

This coaching area focuses on helping students to successfully balance school and competing priorities such as work, friends, family, and relationships. During coaching sessions, coaches provide strategies for managing time, becoming more organized, and making decisions that will lead to success.

FINANCES

This coaching area focuses on helping students navigate the costs of their education and manage personal finances. During coaching sessions, coaches help students to identify resources on campus and in the community that can help them to manage educational and personal finances and responsibilities.

EFFECTIVENESS

This coaching area focuses on helping students understand their strengths and limitations, and develop a growth mindset. During coaching sessions, coaches help students build confidence, become more self-aware, create systems for productivity and learning, and tap resources that will positively impact their ability to achieve goals and be successful -- in college and in life.

HEALTH AND SUPPORT

This coaching area focuses on helping students manage their self-care by getting adequate sleep, nutrition, exercise, stress management, and developing a support system. During coaching sessions, coaches help students identify ways to attend to their physical health and well-being and offer information on additional resources on campus and in the community that can support them in these areas.

CAREER

This coaching area focuses on helping students make intentional connections between school, potential career opportunities, and post-graduation goals. During coaching sessions, coaches help students to clarify goals and develop plans for achieving career aspirations.

