



What is an Academic Coach?

An Academic Coach is a peer student who will work with you to improve study skills, time management, stress management, note taking skills, reading skills, and project planning.

“The academic coaching program helps to motivate me to keep studying and not to procrastinate.” –a student reports

How Can I get the Most out of My Academic Coach?

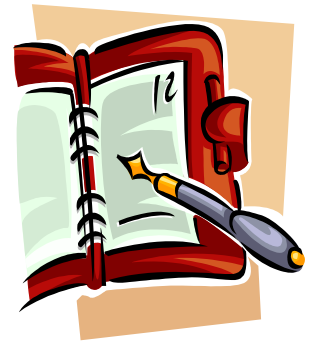
- Show-up for all regularly scheduled meetings
- Keep your Academic Coach informed about your progress & what you need help with
- **Be honest** about areas that are challenging for you
- Be prepared for meetings, come with questions (write them down so you remember) and all necessary materials
- Do your best to put into practice the skills your academic coach will equip you with (they have learned some lessons before you!)
- Complete evaluations of your academic coach when requested

What Can You Expect from you Academic Coach

- To schedule regular, weekly, meetings (unless determined that you will be successful with less frequent meetings)
- To be attentive, professional, caring, and honest at all meetings
- To listen to study skill concerns that you have and help you address those concerns
- To be non-judgmental
- To treat all information you share as confidential

You're Academic Coach Will Not

- Take care of your responsibilities for you
- Talk to professors on your behalf
- Share their own personal notes or course work with you
- Serve as an area specific tutor (Tutoring service is available through the Teaching and Learning Center)
- Go out of their way to contact you if you stop showing up for meetings
- Remind you about your personal obligations



When asked if the student wanted to continue with her coach for another semester, the student said: “Yes, because it helped this semester so it can only get better.”