Academic Coaching Program

Academic Coaching is an individualized process based on a supportive academic relationship between student and coach. Together they examine academic goals, strengths and weaknesses, study habits, and any barriers to success in order to develop a personalized plan of action.

“This program has challenged me to work harder, and has helped me grow into a confident, more responsible student.”

“I met my coach regularly to not only ensure that I was on track with my classes but, even more importantly, to help me with time management and organization.”

“I developed SMART Goals that helped me cope with stress and my hectic schedule.”

“I also had access to resources, including tutors and a time management planner.”

Nursing Major, Bree Goldson, Degree Expected 2023

Our Approach

Academic Coaching is an individualized partnership focusing on the skills that facilitate learning. Students evaluate their habits, strengths, and needs. Together with their coach, they devise a plan of action for the unique challenges of each semester.

Coaches challenge students to learn at a deeper level with various strategies for time management and goal setting, reading and note-taking, and study and test preparation. The full benefit requires diligent effort, consistent attendance, and openness to trying new things!

The Process

Students complete an intake form and complete the Learning and Study Skills Inventory (LASSI). Based on the results, they meet with their coach to develop a plan of action, which may include:

- Specific & Measurable goals
- Organizational tools
- New student success strategies
- Techniques to overcome academic obstacles
- Connection to additional support services

Benefits

Through Coaching, students gain priority access to services that help them to improve GPA, keep scholarships, and graduate on time.

For more information, email academiccoaching@adelphi.edu