

# 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  
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