What does a coaching appointment look like?

Schedule a Session
Talk to our friendly front desk staff to schedule an appointment, and let us know what you would like to work on:
- If you are looking to improve overall academic performance, the earlier in the term, the more beneficial it will be.
- If you are interested in help preparing for a test, presentation or project, we recommend making an appointment at least a week ahead of time.
We have coaches available throughout the week in order to fit most schedules.

What to bring to your appointment?

Goals: How do you want to improve your academic abilities?
Organization system: A planner, to-do list, calendar, or agenda. Don’t worry if you don’t have an organization system! We can help!
Materials: Notes, textbooks, assignments and other studying methods you are currently using.

Your Initial Appointment
Your first hour-long appointment features the following:
- Evaluate your current habits, strengths and performance.
- Identify the challenges to your academic success that you are facing.
- Provide strategies and resources to help you discover the best methods to meet your academic potential!
Our coaches are trained to create a safe space in which difficulties can be shared and explored. We are committed to building a supportive and encouraging relationship with our coachees.

Continuing Appointments
For the greatest level of improvement, you can schedule repeating appointments to support your progress in academic skills and time management. In a repeat appointment, you can do the following:
- Discuss the results of the prior sessions and get feedback.
- Stay on top of future projects and assignments with weekly planning.
- Work with an ally who can make changing study habits an easier process.
Repeat appointments can help build personal accountability, increase knowledge of study techniques and provide the ongoing feedback necessary to make meaningful changes.