

**We will identify barriers, set goals and overcome roadblocks together.**



**Academic Coaching will...**

- Increase self-confidence and self-esteem
- Improve academic performance
- Create a better understanding of which learning strategies work based on individual learning styles
- Give practical applications for organization, time management, and study strategies
- Allow for greater independence and self-reliance
- Boost motivation and productivity
- Strengthen Executive Function skills

### **Common mistakes**

- Forgot to write down important information
- Neglected to do homework
- Forgot or failed to turn in assignments
- Developed poor study skills
- Waited until the last minute to complete projects
- Studied at the last minute
- Became easily overwhelmed
- Lost materials or assignments
- Disorganized

### **Let us assist by**

- Managing time more effectively
- Planning strategically
- Organizing
- Remembering details
- Having sustained motivation
- Creating effective study habits and routines
- Having an academic and social balancer
- Pre-planning
- Self-advocacy