

# Maximize Your Work with an Academic Coach

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## *Preparing for Your Coaching Appointment*

Coaching is designed to help you achieve your goals. Preparation for your appointment is not necessary; however, it can be helpful. As you prepare to meet with an academic coach, consider some of the questions below.

### *Before your first appointment:*

- Do you have any questions about the coaching process?
- What would you like to work on with your academic coach? What change(s) would you like to see as a result of working with a coach?

To give you some ideas, here are some things that other people have worked on:

- Create a time management system that works for you
  - Design a strategy for reading a textbook that is effective
  - Create a plan for studying for upcoming exams
  - Identify study strategies that are more efficient
  - Set goals and create structure for meeting those goals
  - Complete a big assignment/long term project in less time
  - Identify the ideal study space and techniques for effective study sessions
  - Develop a game plan for increasing your GPA
  - Create a plan for finding academic opportunities (research, study abroad, etc.)
- What would maximize the coaching experience for you? What outcomes would you like to see? What would a successful appointment look like for you today? (Be sure to share this with your coach!)

### *When returning for a follow-up appointment:*

- How are you doing? How was your week?
- What has happened as a result of your last coaching appointment? What progress have you made? What insights or observations have you had?
- How are you doing on your goals or action items? If you didn't make progress – that can be helpful, too. What did you notice about where you got stuck?
- What would you like to work on this week? What are you going to focus on next week?

## *Maximize the value of your coaching session*

Remember, coaching is for YOU.

If the conversation isn't going in a direction that feels useful, feel welcome to let your coach know you'd like to talk about something else or move in a different direction.

Take notes or ask the coach to help you take notes during your session or at the end of the session so you can capture ideas you've brainstormed and you take away a list of action items and next steps.

During the week, keep these notes handy and refer to them to keep you on track with your planned action items.

*For more information on Academic Coaching visit <http://success.oregonstate.edu/academic-coaching>*