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Academic Coaching: A Program for Enhancing Organization, Learning and Work Completion for College Students

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Southeast Regional AHEAD Conference  
May 18, 2017

Academic Coaching: A Program for Enhancing Organization, Learning and Work Completion for College Students

Presenters:
Chip Studwell, Ed.D., LPC, Bridgewater College Director of Academic Support and Disability Services  
Lexi Czarnatowicz, Academic Coach Program Student Team Leader

Academic Coach Program Goal: Develop pattern of ongoing learning and timely work completion.

I. Program Overview
   A. Capability-performance gap
   B. Organizing
   C. Behavioral patterns
   D. Learning and Ongoing attention
   E. Organizing Skills - Impact on attention, concentration, learning and productivity

II. Academic Coach-Student Meetings
   A. Planner/Organizer
      • list assignments, papers and tests
      • break into steps for task completion
      • designate time for step completion
   B. Facilitate step completion of assignment, paper, test preparation.
   C. Follow up on assignment step completion.
      • “show” don’t “report”
   D. Weekly Report

III. Scenarios

IV. Change: What We View and Do
   A. “The talk”
   B. Behavior

V. Academic Coach Challenges

VI. Team Leaders
VII. Training

VIII. Certification
   A. Work as coach
   B. Development workshops
   C. Training
   D. Assessment

IX. Budget

X. Student Evaluation Comments

- “Having an Academic Coach helped keep me organized and focused on what needed to be done when. It helped make things more manageable. I no longer wait to the last second to do homework and don't stay up till past midnight to get it done.”

- “My academic coach helped me organize my week and plan ahead for tests and quizzes. She immediately had me get in the habit of using my planner to keep track of due dates as well as just day to day homework.”

- “Now I have a better grip on how to get my assignments done in order. It is a great benefit. I appreciated the experience of someone to help me stay on track.”

- “My academic coach helped me a lot with organization. She taught me how to plan ahead for each week; and also taught me to map out big assignment and test due dates well ahead of time. She taught me how to organize my planner and break down my assignments more effectively within my planner. It's been a big help!”