What is Academic Coaching?

Academic Coaching is an individualized, free, no-stress way for students to learn the skills and resources needed to fully engage in college life and beyond. Students ACHIEVE more when they work with an academic coach.

1,733 academic coaching sessions during the 2018-19 academic year.

"My academic coach really cares about me and my individual needs. She helped me learn to manage my time and taught me how to prepare for my exams. The biggest thing that coaching did was give me the confidence to be successful."

-Academic Coaching attendee

What do students gain from Academic Coaching?

99% satisfaction rating

Increased Academic Confidence

Improved Work-readiness Skills

Motivation to Succeed

Satisfaction defined as students who would recommend coaching to their peers