



ACADEMIC COACHING

WHAT IS IT?

Academic coaching is typically an individualized, one-on-one meeting with an academic coach or counselor who can help you improve your study skills, set short-and long-term goals, and reflect on academic and vocational plans. Working with an academic coach can help you study smarter by developing skills in time management, goal setting, test preparation, and more.

To schedule an appointment contact Hannah Suttles hsuttles16@jcu.edu, Brent Gibala-Broxholm bgibalabroxholm17@jcu.edu, or Abigail Svitana asvitana17@jcu.edu (Boler School of Business).

WHEN SHOULD I MEET WITH AN ACADEMIC COACH?

You can schedule meetings at any point during the academic year. An optimal time to seek support is at the start of the semester. Meet with a coach:

- at the beginning of the semester to review syllabi, plan ahead, set goals, and devise course-specific study strategies
- at mid-semester as you've settled into the term and received some assessment feedback
- at the end of the semester to prepare for Finals Week and reflect on and revise academic skills for future coursework

- 5-Day Study Plans
- Motivation
- Time Management
- Note Taking
- Reading Strategies
- Goal Setting
- Test Anxiety
- Study Strategies
- Procrastination
- Concentration