

Academic Coaching for Student Success

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Our team would like to acknowledge and thank **Victoria Miller** for her data contributions.

PROGRAM OVERVIEW

Housed in the department of **Academic Support** in the Provost Office, **Academic Coaching** supports students':

- Achievement of their academic, professional, & personal outcomes
- Campus navigation
- Improved self-confidence & wellness

Graduate student coaches facilitate appointments in a **one-on-one** environment in which students learn strategies to apply toward **self-directed learning** and progress toward their own **personalized, action-orientated goals**.

PROGRAM CREDENTIALS

College Reading & Learning Association (CRLA) **Peer Educator Level I - III** Certified in Fall 2020

International College Learning Center Association (ICLCA) **Learning Center Certification** in Fall 2022

APPRECIATIVE ADVISING APPLIED TO COACHING

- 1. Disarm** – Make a positive first impression, build rapport and trust, and create a safe and welcoming space.
- 2. Discover** – Ask positive open-ended questions that help coaches learn about students' strengths, skills, and abilities.
- 3. Dream** – Inquire about students' desired outcomes and their hopes and dreams for their futures.
- 4. Design** – Co-create a plan for making their outcomes and dreams a reality.
- 5. Deliver** – The students deliver on the plan created in the Design phase and the coach is available to encourage and support them.
- 6. Don't Settle** – Coaches and students set high internal bars of expectations and hold one another to them.

SUCCESS OUTCOMES

All Participants (N = 175)

# of Visits	Avg. Cum. GPA Pre-Coaching	Avg. Term GPA with Coaching
1-3	2.82	2.81
4-6	2.84	2.98
7+	2.99	3.63

Academic Warning (n=14)

# of Visits	Avg. Cum. GPA Pre-Coaching	Avg. Term GPA with Coaching
1-3	1.51	2.42
4-6	1.84	2.68
7+	1.88	2.50

REFERENCES

Appreciative Advising. (2018). *What is appreciative advising?* <http://www.appreciativeadvising.net/>

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Knowles, M. S. (1975). *Self-directed learning: A guide for learners and teachers*. Association Press.

