

# ACADEMIC SUPPORT ACCOUNTABILITY GROUPS

Resource created by Auburn University Academic Support

What is an Accountability Group?	<ul style="list-style-type: none"> <li>• Voluntary group of students committed to a semester of weekly gatherings</li> <li>• Meet once per week for 90 min (see next page for meeting outline) <ul style="list-style-type: none"> <li>○ 10 min check in, 10 min goal sharing, 10 min debrief</li> <li>○ 60 minutes spent individually focused on task</li> <li>○ Each attendee sets a goal and shares it out</li> <li>○ Members do not need to be working on the same material</li> <li>○ Debrief - check-in with one another and how they are doing, what they accomplished</li> <li>○ Peer educators offer resources and referrals to campus or community resources</li> </ul> </li> </ul>
Why this group?	<ul style="list-style-type: none"> <li>• A welcoming, consistent space to build habits for academic success</li> <li>• Offers structure and connection for all members to improve as whole students <ul style="list-style-type: none"> <li>○ Practice accountability</li> <li>○ Learn and practice academic skills and strategies</li> <li>○ Build sense of community</li> <li>○ Learn about campus resources</li> <li>○ Foster personal accountability towards educational goals</li> </ul> </li> <li>• For students who seek a little extra support or structure while creating community</li> </ul>
How does it help?	<ul style="list-style-type: none"> <li>• Accountability Groups offer guidance, motivation, and a sense of community</li> <li>• Regular check-ins with peers</li> <li>• Celebrate progress and successes</li> <li>• Improve skills</li> <li>• Learn strategies to tackle challenges with confidence</li> </ul>
How does it work at Auburn?	<ul style="list-style-type: none"> <li>• Academic Support selects peer educators to lead the group and train them regarding skills, strategy, and resources</li> <li>• Visit the Academic Support website to sign up for a group that fits your schedule</li> <li>• Meet at the same time/day once week in Haley 2238 over a semester</li> <li>• Interested students sign up for an AG meeting time that fits their schedule <ul style="list-style-type: none"> <li>• Members are considered responsible for attendance; continuous missed meetings without communication will result in removal</li> </ul> </li> </ul>
What can students expect?	<ul style="list-style-type: none"> <li>• A friendly, supportive environment where your goals are the focus</li> <li>• Each session offers individual work time</li> <li>• Members share their goals for the session out loud, talk about progress, and celebrate wins</li> <li>• Meet other students, share study tips and resources, and keep each other accountable</li> <li>• Expectations for commitment and reliability – members who do not show up regularly will be removed from the group</li> </ul>

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## 1. Find members

- 3-8 people sign up via [academicsupport.auburn.edu](https://academicsupport.auburn.edu) for a group that fits their schedule
- Members do NOT need to be working on the same subject or class
- Ideal members will be consistent, supportive, and motivated

## 2. Commit to a schedule

- Dates and time are consistent through the semester
- 90 minutes once a week in Haley 2238
- Commit to consistency; prioritize this time in your planner

## 3. Agree on ground rules

- Agree on a list of basic principles for the meeting time, and then hold each other to them
  - What about phone notifications during this time?
  - Are we speaking up if we have questions or is this quiet time?
  - Are we playing music or white noise? Are people using headphones?
  - How will we let people know they are breaking the ground rules in a productive way?

## 4. Peer leaders will use a session outline

- Outlines provide structure and direction for the time
- Being consistent with the outline helps everyone know what to expect when they attend

What	How long	Why
Check in	10 minutes	Example: What are the highs, lows, or accomplishments of the week? This is an opportunity to celebrate accomplishments and support challenges of members in the group. Positive energy and motivation are good contributions to an effective accountability group, so starting out by checking in can help set that tone.
Set and share goals	10 minutes	Having concrete goals for the time are critical to an effective accountability group. During this time, members should <b>share goals out loud - write</b> them on a white board in the room.
Focus	60 minutes	This can also be a time to share and try strategies. For example, collectively you may try out the Pomodoro Method and reflect on how it affects your focus or not.
Reflect	10 minutes	Members should always take time to share reflections on things like: <i>What went well? What didn't go well? What is one thing you learned during this time? What do you need to do to prepare for next time? How much progress did you make toward your goal(s) for the session? What resources are available to help support our goals?</i> This is another opportunity to celebrate accomplishments and support challenges.



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