**What is Academic Coaching?**

Engineering academic coaches provide individualized academic support to students in the College of Engineering to improve student persistence and degree completion. Academic coaches offer services to build skills and self-advocacy by co-creating a success plan that considers life experiences, academic goals, and professional aspirations. Scheduled one-on-one appointments are available Monday through Friday or during weekly drop-in hours.

Coaching services are designed to support students’ successful transition to the college. They include:

* Effective Study Techniques
* Time Management
* Getting the most out of coursework and lectures
* Networking and Making Connections
* Test Preparation
* Wellness & Balance
* Test Anxiety
* Navigating Campus Resources

Academic coaches can also connect students to appropriate services on campus, such as:

* Counseling and mental health services (CAPS)
* Tutoring and writing support (Student Success Center)
* Career guidance (ENGR Career Connections)
* Academic accommodations (Center for Educational Access)

Students who could benefit from academic coaching are encouraged to attend between 2-4 meetings throughout the semester, although meeting frequency will depend on students’ individual goals.