

IOWA STATE UNIVERSITY

Academic Success Center

Academic Coaching and Outreach Description and Outcomes

The Academic Coaching and Outreach program strives to empower students toward positive behavior changes as it relates to academic concerns and perceived barriers to success in the following ways:

1. Connecting students to other support services in the Academic Success Center
2. Providing interactive metacognitive workshops throughout the semester and by special request
3. Meeting one-on-one to develop a personalized plan of action for future success

Outcomes of Academic Coaching Sessions:

1. After a first appointment, students will have an understanding of the programs and services in Academic Success Center (ASC) and the goals of Academic Coaching
2. Students will be asked to reflect on their goals and what they want to achieve through academic coaching
3. Students will identify their goals and create a plan with their academic coach on how to achieve their goals
4. Metacognitive skills will be developed throughout the coaching process
5. Students will be empowered to make connections between academics and personal well being

We *support.* **You** *succeed.*

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