

STUDENT **SUCCESS** COACHING

Sometimes, students need a little extra help to achieve success in college. That's where the SENSE Program comes in. Our Success Coaches offer support and educational opportunities designed to increase the academic success, retention, graduation and transfer of students who may have barriers and challenges to overcome in order to realize their goals.



WHAT IS A SUCCESS COACH?

Success Coaches work with various members of the campus community across departments and units depending on the needs, desires, and goals of the student.

Coaches collaborate with students, advisors, faculty members, and other administrators to develop appropriate action plans regarding personal, social, co-curricular and academic support issues. They connect students to relevant campus resources through direct referrals and personal connections. Coaches are committed to helping students persist and succeed in their college experience and understand the demands and challenges that students may face while attending the College.

WHY SHOULD I MEET WITH A SUCCESS COACH?

Success coaches focus on helping students manage three major areas: academic success, life balance, and transformational leadership.

Meeting with a coach might be right for you if you want to:

Improve your academic success by

- Studying smarter, not harder, and improving your note taking, reading, and review strategies
- Improving your performance on exams, including better managing test-induced anxiety

Better balance your life by

- Setting a goal, designing an action plan, and measuring progress with support
- Working through procrastination and harness your motivators
- Setting priorities, establishing and maintaining new habits, and balancing commitments
- Better following your weekly schedule and/or daily to-do list
- Sharpening your focus and concentration and increase your productivity

Developing transformational leadership skills

- Identifying ways of self-management of using school and community resources to address life issues such as help with rent, food, childcare, medical, or other issues
- Collaborating with other students, faculty, staff, and other community members for course study, along with changing what serves as a barrier in your life within the institution and the local community

HOW DO I MEET WITH A SUCCESS COACH?

Feel free to contact us or submit a success coach request form at any time. Even if you're not sure where to start, we'll help. Email us at: sense@cv.edu or feel free to directly reach out to anyone on our Success Team!