

### What is student academic coaching?

Academic coaching is a form of mentoring that helps clients meet their goals through insight and support. Study habits and skills are assessed and strategies are tailored to support students' opportunities for growth, mental wellness and academic success. These strategies are customized to meet students' needs and are anchored in developmental theory and neuropsychology.

### My student doesn't seem motivated, will coaching be effective?

For any type of coaching (personal, artistic, athletic) to be successful it requires that participants be motivated to make improvements. Students will get out of the coaching experience what they put into it. What oftentimes appears to be a lack of motivation in students is, instead, an inability to figure out how to approach tasks. When feeling overwhelmed or ineffective students may stop trying or may even subconsciously choose to fail. Coaching helps students identify ways to increase their motivation and experience the rewards associated with reaching their full potential.

### How long will it take to see results?

For the type of goals and objectives set by students it would be reasonable to expect results by the end of 3 months. Studies have demonstrated that it takes 4 to 12 weeks for habits to change with any permanency. There is a direct relationship to the amount of effort put forth by the student and the results achieved.

### Is academic coaching worth the cost?

The costs associated with academic coaching are an investment. The skills instructed, practiced and developed will remain with students throughout their lives. The acquired skill set will be generalizable to all facets of life for years to come.

### How can I support my student if they resist getting help?

Students are not the only ones who struggle with our intense academic culture. Parents find it difficult to strike a balance between support and intervention. This dynamic can increase the already volatile parent-child relationship as the academic rigor and stakes increase. Parents are encouraged to schedule consultations to learn more about the developing brain, stress management, communication and other relevant topics to facilitate the overwhelming task of parenting in today's culture.

[www.peachtreepsychology.com](http://www.peachtreepsychology.com)

### About Dr. Jeannine Jannot

Dr. Jannot has a doctorate in child and developmental psychology and a master's degree in school psychology. She has over 20 years of experience working with children, teenagers and young adults in both public and private school settings, from preschool through college. She is currently an adjunct-instructor of psychology at Georgia State University. Dr. Jannot is passionate about identifying the root causes of issues that may be holding students back, and customizing strategies to achieve success—with an emphasis on physical and mental wellness, and how their parents can provide the support necessary.

### About Peachtree Psychology LLC

Peachtree Psychology LLC provides individual, couples and group therapy for children, adolescents and adults. Practitioners specialize in helping people struggling with abuse, trauma, LGBTQ concerns, grief and loss, academic counseling, parenting issues, substance abuse and chemical dependency, eating disorders, women's issues, self-harming behaviors, personality disorders, attachment disorders, PTSD, family-of-origin issues, life transitions, parenting, anxiety, depression and many other psychological concerns.

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### About the Balanced Student LLC

Dr. Jannot is the owner of The Balanced Student, LLC whose mission is to help students increase academic productivity, with an emphasis on physical and mental wellness. The Balanced Student provides customized instruction and support to help middle school, high school and college-aged students identify and achieve their goals.



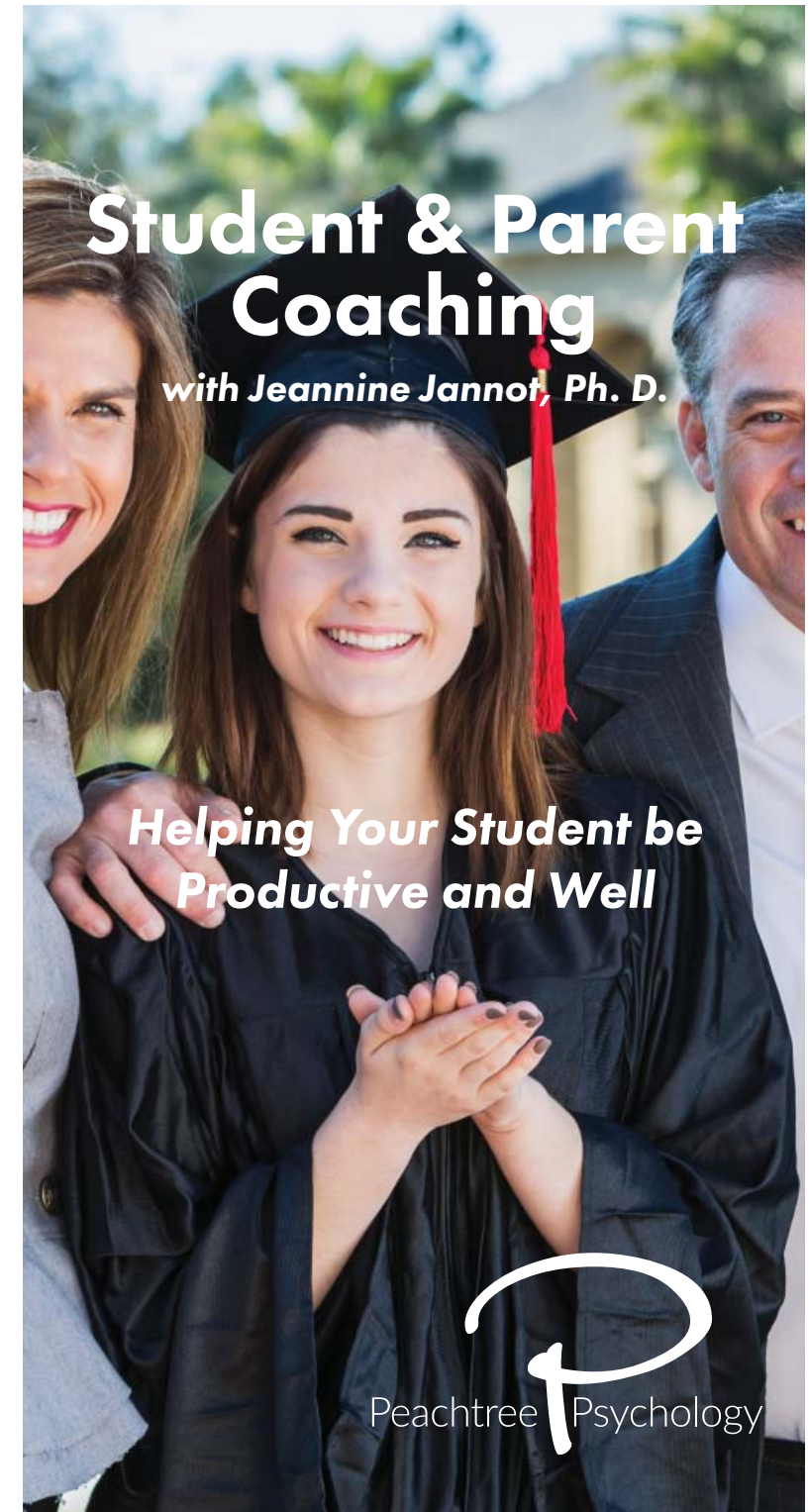
[www.thebalancedstudent.com](http://www.thebalancedstudent.com)

*Dr. Jannot practices at Peachtree Psychology and is the owner of The Balanced Student, LLC.*



### Contact:

Jeannine Jannot, Ph.D  
Peachtree Psychology, LLC  
555 Sun Valley Dr. | Suite P-4  
Roswell, GA 30076  
678-381-1687 Office  
[jjannot@peachtreepsychology.com](mailto:jjannot@peachtreepsychology.com)





**We want the best for our kids. We want them to reach their academic potential, but not to be consumed by perfection and achievement. We want them to have friends and fun, but not to shirk from their responsibilities. We want them to experience all the wonders of being young, but also to navigate the transition into adulthood successfully.**

There's a lot of pressure on both parents and students in today's high-stakes culture. It's easy to get lost in all the conflicting advice.

I would love to work with you and your child. I will take all the best practices and latest research and tailor a customized plan to meet your needs. I want to help your child reach their potential by taking appropriate steps from where they are presently functioning.

Whether you need parenting support or your child needs academic help, please don't hesitate to send me an email or call to schedule a complimentary 15-minute phone consultation.

#### **Student Services**

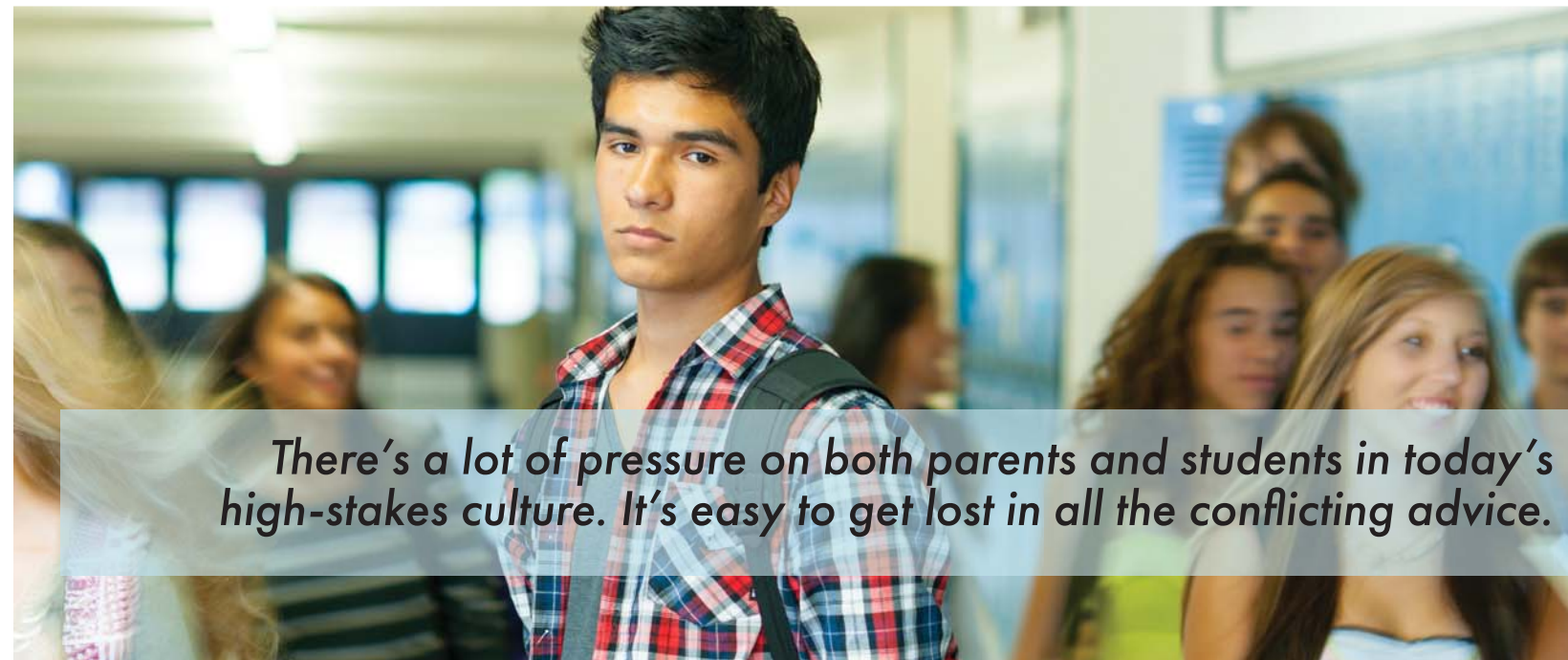
- Study Skills and Strategies
- Goal Setting
- Time Management and Procrastination
- Organization and Executive Functioning
- Wellness – Sleep, Stress
- Relationships

#### **Parent Services**

- Communication Issues
- Power Struggles and Setting Limits
- Lack of Focus and Motivation
- Issues with Sleep and Stress
- Negotiating Transitions
- Parent Education and Support

**Parents often feel like they are over-involved in their child's academics, but fear the consequences if they don't monitor and intervene.**

Email or call to schedule a complimentary 15-minute phone consultation with Dr. Jeannine Jannot today!  
678-381-1687 | [jjannot@peachtreepsychology.com](mailto:jjannot@peachtreepsychology.com)



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*Dr. Jannot goes beyond identifying and discussing issues that students face today, she also offers practical solutions to them. This is what makes her a huge hit with all the parents. They leave with a list of actionable suggestions to try to make the improvements they seek.*

Fairyal, PTSA Parent Education Coordinator

*After a few sessions my son's procrastination dropped and he began to get back on track quickly.*

Brad, Parent of High School Junior

*After the sessions with Jeanine, my son worked hard using what he had learned and managed to finish the semester with all As and Bs! We are so proud of him, but most importantly, he is proud of himself! We could not thank Jeanine enough for her knowledge and patience!*

Tina, Parent of a 9th Grader