

# College-Bound Fundamentals

Academics • Personal Care & Wellness • Life Skills

It's high school graduation season! A time of intense emotions ranging from excitement and joy to apprehension and fear. College-Bound Fundamentals Coaching is designed to alleviate common fears, develop skills, and share strategies and information to help our new graduates make a successful transition to college life.

The gift of customized coaching provides you with peace of mind and your child with the skills and confidence to successfully reach their personal and academic potential as they live away from home for the first time.

## College-Bound Fundamentals Coaching

### Fundamentals Coaching Session

75 minutes

\$250

*Sessions available in-person and online via wecounsel*

**Cost of coaching includes assessments of college-readiness and study habits.**

#### Academics

- Study habits and study skills
- Test anxiety
- Time management and organization
- Planning and goal-setting

#### Personal Care & Wellness

- Rethinking stress
- Self-regulation and peer pressure
- Healthy eating away from home
- Fitness
- Sleep hygiene

#### Life Skills

- Taking responsibility
- Self-advocacy
- Managing appointments, schedules and calendar
- Managing household responsibilities (cleaning, laundry, shopping)

Contact Jeannine Jannot for more information or to schedule.



Dr. Jeannine Jannot is a college instructor and owner of The Balanced Student. It is her mission to help middle school, high school and college students achieve their academic goals.

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