



Frequently Asked Questions

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 making 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. The number of coaching sessions required varies by student, but most students achieve desired results after 4 to 6 sessions. Many students opt to schedule monthly maintenance sessions to help sustain their motivation and accountability.

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.

