

What is an Academic Coach?

Academic coaching teaches students to develop skills, behaviors and habits that contribute to their success in school and college.

- academic and career goal setting
- learning strategies
- time management
- organization
- self-regulation
- self-efficacy
- content-specific coaching
 - Reading/Writing/Vocabulary/ELA Skills
- study skills
- SAT/ACT test prep
- test anxiety
- note-taking skills
- self-care & wellness
- memory techniques
- critical thinking skills training

