My Academic Success Plan:

GOAL-SETTING

With my Academic Coach, I want to work on…

Let’s work on creating SMART goals that will help you realize what you want and how to obtain it!

My first academic goal this semester is ________________________________.

The reason I want to work on this is because ____________________________.

I plan to achieve my goal by ________________________________.

Additional Commitments that will help you achieve your goal

- Attend tutoring sessions for (subject) _______________ on dates ________________.
- Meet with my academic coach in the next 2 weeks.
- Go talk to professor (name) ______________ during office hours (time)__________.
  
  Remember to take notes during lecture so you know what to ask during office hours.

- Go to TA review sessions for (subject)_______________ on (dates) ________________.
- Study in (location) ____________, (hours per day) ___________ for next 2 weeks.
- Commit to _______ hours of uninterrupted, focused study per week.
  
  It’s more effective/efficient if you study at the same time and in the same place consistently.

- Semester @ a glance
- Weekly schedule
- Create a master calendar for all assignments, homework, projects, tests, and finals.
- Attend all lectures/recitation/labs until the end of classes.
- Go to Student Counseling & Psychological Services to get support with personal issues.
- Talk to classmates in (subject) _____________ to create a study group for finals.
- Limit extracurricular activities to (quantity) _______ until I finish with finals.
- Sleep (quantity) _______ hours per day.
- Refrain from social outings/parties if I haven’t completed my homework/reading for that week.
- Refrain from TV, Facebook, and video games until homework/reading is complete for the day.
- Other: _______________________________________________________________
Creating a Coaching Plan

Why create a coaching plan?

- It sets a course for consistent coaching efforts across a defined development cycle
- Ensures steady growth as opposed to “hit-and miss” spur coaching sessions
- Focuses efforts one or two skills at a time
- Ensures alignment between the student’s development efforts and your coaching strategies

Develop a Root Cause Analysis

<table>
<thead>
<tr>
<th>Date completed:</th>
<th>Identify</th>
<th>Suggested Approach for Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Review Date:</td>
<td></td>
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Development Area: (leave blank)

<table>
<thead>
<tr>
<th>Root Cause #1</th>
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<tbody>
<tr>
<td>Root Cause #2</td>
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<tr>
<td>Root Cause #3</td>
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<tr>
<td>Root Cause #4</td>
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List additional root causes as needed