

SUCCESS COACHING

HANDBOOK



SUCCESS COACHING: Student Handbook

STUDENT LEARNING ASSISTANCE CENTER



ABOUT THE STUDENT LEARNING ASSISTANCE CENTER

The Student Learning Assistance Center (SLAC) is a multi-faceted academic support program for all Texas State students. We provide tutoring services (individual, group, online), Supplemental Instruction (collaborative group study for specific courses), Success Coaching, learning and study skills workshops, and learning specialist consultations. Services are funded through a variety of sources such as Student Service Fees and do not incur any additional cost to students.

OUR TEAM



ASSOCIATE DIRECTOR

Dr. Terrance McClain serves as the Associate Director for Success Coaching. Dr. McClain has served as both a success coach and academic advisor for first-year students over the past 10 years at Texas State University. He serves as a visionary for success coaching and provides direction and oversight for the program.

OUR COACHES

Success coaching employs graduate students from a variety of backgrounds and disciplines. We use a near-to-peer model to connect with our students. Our team of coaches are enthusiastic, caring, and nonjudgmental individuals who seek to support our diverse student community.



SUCCESS COACHING

Success Coaching promotes academic excellence by helping students reach their highest potential. Our coaches are enthusiastic, caring, and non-judgmental individuals who will help you go from good to great! Success coaching focuses on **setting and taking action toward goals, staying accountable and committed to goals, understanding habits and thinking patterns, understanding strengths and weaknesses, improving self-regulation of learning, behavior, and emotions, and learning effective study strategies.**

Importance of coaching

Success coaching helps students navigate obstacles during their academic careers. Not all students come to college with the same background and experience; therefore, success coaching strives to teach students the skills and habits they need to master their transition and cultivate life-long learning.

Benefits of coaching



See yourself
more clearly



Learn new
ways to respond



Leverage
your strengths



Build productive
relationships





In coaching, the student is the expert in their life. A coach guides them by drawing out knowledge that resides in them. Coaching focuses on the future.



Coaching v. Academic Advising. In advising, the focus is on your degree plan. Advisors discuss university policies, requirements and work with students to plan semester schedules.



Coaching v. Tutoring. Tutors focus on a specific content area in which the students seek improvement. A tutor has an expertise in the content area. A student seeks tutoring throughout the duration of time the course is offered.



Coaching v. Mentoring. In mentoring, the mentor has already accomplished what the student sets out to achieve. Mentors are usually older, more experienced, and share expertise and offer answers.

TYPES OF COACHING

Success Coaching offers various types of coaching. Students may choose to seek coaching for one or more reasons. In all cases, coaching can help students overcome academic barriers and reach their highest potential.

Types of Coaching	Areas of Focus	Scenario	How coaching helps
Skill Development	<ul style="list-style-type: none"> • Active learning • Memory techniques • Study skills • Test Taking • Post Exam Analysis 	A student has found it difficult to pass exams despite intentional efforts to study. They set aside time to study and are doing the right things but not seeing the results.	<ul style="list-style-type: none"> • Assess strengths and areas of opportunities • Providing students with a 5-day study plan • Give memorization techniques • Review previous exams • Discover if a learning difference has been diagnosed
Performance	<ul style="list-style-type: none"> • Accountability • Time and Task management • Fostering metacognition • Organization strategies • Strategic approach to learning 	A student is working 20-30+ hours to pay for school and is finding it hard to balance everything. The student doesn't find the schoolwork difficult to comprehend, but there are many outside factors that impact their performance. The student's motivation is low.	<ul style="list-style-type: none"> • Utilize time and task management materials • Identify areas of opportunities for balance • Discover what motivates the student • Share on + off-campus financial resources
Developmental	<ul style="list-style-type: none"> • Personal responsibility • Growth-oriented mindset • Self-efficacy • Fostering self-improving mindset 	A student has expressed that they do not feel capable of completing the semester due to life experiences (death in the family/loved one, emotional/mental health issues). This has created negative self-talk and doubt in the student's abilities.	<ul style="list-style-type: none"> • Discover what motivates the student • Use powerful questions • Implement solutions-focused approaches • Refer to appropriate resources • Provide a support system
Resource Utilization	<ul style="list-style-type: none"> • Encouraging student-faculty interaction • Utilizing campus resources • Understanding academic requirements 	A student has trouble engaging with his faculty for classes which results in lower grades and overall satisfaction. The student has anxiety about utilizing campus resources.	<ul style="list-style-type: none"> • Assist with crafting emails for communication • Walk the student to campus resources and set up an appointment with the student • Help students navigate + understand syllabi • Assist with suspension and financial aid appeals

DURING AN APPOINTMENT

Success coaching provides 30 minute one-on-one appointments. Here's what happens during an appointment with your success coach.



GET TO KNOW YOU

Your success coach takes time to know you personally and seeks to build a relationship.



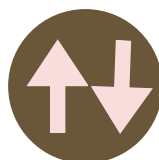
ASSESS STRENGTHS AND OPPORTUNITIES

Once a relationship has been established, your success coach learns about your strengths and opportunities.



DEVELOP A PLAN

It's time to dream and create a plan to execute that dream. Your success coach will help you set SMART goals and construct a plan to meet them.



FOLLOW UP

A follow up meeting is created to hold you accountable and ensure that you're on track for meeting your goals.

COACHING WORKS

2639

Total Students

Seen = 817

Data shows that coaching is proven to work!

*The data presented represents students on academic probation.

Students that met with a coach saw an increase in their overall TXST GPA



0.25 ↑
TXST GPA
increase of all
students



0.21 ↑
TXST GPA
increase of
students not
seen



0.35 ↑
TXST GPA
increase of
students seen



0.50 ↑
TXST GPA
increase of
students seen
3X or more

Students that met with a coach saw an increase in their term TXST GPA (i.e. semester-to-semester)

0.51 ↑
Overall average
number of
classes passed

0.44 ↑
Overall average
number of classes
passed for
students who did
not meet with a
coach

0.68 ↑
Overall average
number of
classes passed
for students
who **met with a
coach**

0.88 ↑
Overall average
number of classes
passed for students
that met with a coach
3 or more times

Students that met with a coach passed more of their classes

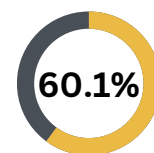
69.3%
Overall average
percentage of
classes passed

67.1%
Overall average
percentages of
classes passed for
students who did
not meet with a
coach

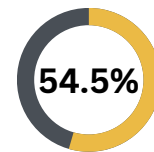
74.1%
Overall average
percentages of
classes passed
for students
who **met with a
coach**

80.2%
Overall average
percentages of
classes passed for
students that met
with a coach **3 or
more times**

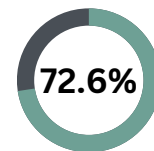
Students who meet with a coach are more likely to be retained



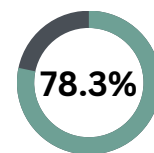
Retention of measured
student pop.



Students that did not
meet with a coach



Total population of
students that met
with a coach



**Students that met
with a coach 3 or
more times**

Students that completed the coaching survey gained the following skillset:

SKILL DEVELOPMENT

Active learning, test-taking, study skills

89.5% of students discovered how to learn

84.9% of students discovered their strengths



PERFORMANCE

Accountability, time mgt, metacognition

95.4% of students improved their time and task management skills

95.4% of students said their coach held them accountable



DEVELOPMENTAL

Self-efficacy, growth mindset, grit

98.8% of students said that coaching offered positive support to their academic success

97.7% of students believed their coach provided a range of strategies to help manage work and school



RESOURCE UTILIZATION

Utilizing campus resources, email etiquette

91.8% of students understood academic probation better by meeting with a coach

97.7% of students were referred/connected to campus resources as a result of meeting with a coach



UNIVERSITY COLLABORATION

Success Coaching partners with various departments and offices across campus. Below are a few offices we work with.

C.A.R.E. Center

Counseling Center

Department of Housing and Residential Life

Financial Aid and Scholarships

First Generation College Student Success

First Year Advising

Fraternity and Sorority Life

McCoy College of Business Advising

Office of Disability Services

Peer Mentoring

Student Involvement

The College of Applied Arts Advising

The College of Education Advising

The College of Fine Arts and Communication Advising

The College of Health Professions Advising

The College of Liberal Arts Advising

The College of Science and Engineering Advising

SIGNATURE PROGRAMMING

Success Coaching provides additional opportunities beyond appointments to promote accountability, motivation, and a sense of belonging.

ACHIEVEMENT CELEBRATION

The Achievement Celebration honors students that have returned to good academic standing during the previous academic year. This event is designed to create a sense of belonging through celebration.



Students learn from other students about "what's next" once they return to good academic standing.



Students will receive a certificate with their name to represent their accomplishments.



Students will interact with campus support resources to help them for the remainder of their academic career.



Students can invite and celebrate with family and friends.



ACCOUNTABILITY GROUPS

Success Coaching provides additional opportunities beyond appointments to promote accountability, motivation, and a sense of belonging.

ACCOUNTABILITY GROUPS

Accountability groups are weekly meetings with a small group of individuals who come together to be productive throughout the week. Are you struggling with motivation and accountability? Tired of studying alone? Join us and help hold each other accountable so we can all have a successful semester!



Set Goals.



Accomplish Task.



Make friends. Create a family.





MEMBER **THE TEXAS STATE UNIVERSITY SYSTEM**