The Focus Areas

ACADEMICS
Looks at students’ performance in the classroom, including their grades. Coaching topics in this area may include improving study skills, academic habits, or use of available resources.

SCHOOL COMMUNITY
Looks at students’ connection to their institution’s people and resources, as well as their opportunities and willingness to engage and be a part of that community. This also includes the degree to which a student feels a sense of belonging or “fit” at the institution.

COMMITMENT TO GRADUATION
Addresses the commitment students have toward attaining a degree at their chosen institution. It includes their future plans and how education fits in, the value they place in pursuing their education, their desire/motivation to be in school, and the connection between current actions and long-term goals.

CAREER
Looks at students’ short- and long-term career goals. Coaching topics include exploring career goals, mapping a career path, assessing skills and strengths, developing a resume, preparing for interviews, networking, researching internships, developing an elevator pitch, applying for jobs, organizing a job search, and advancing in one’s current position.

MANAGING COMMITMENTS
Deals with students’ ability to manage academic commitments alongside the other responsibilities they have, such as work, family, and other responsibilities. Time management, task prioritization, and balance are skills developed in this area.

FINANCES
Deals with how students plan to pay for school, now and in the future. Coaching topics might include gaining a better understanding of personal finances, gaining more control over their financial condition, and/or developing a plan for repaying their credit cards and student loans.

HEALTH & SUPPORT
Addresses how students manage both their physical and emotional health. Individuals who take good care of their health tend to be more effective and enjoy their time in school more thoroughly. The personal support network (friends, family, groups, and activities) students have in place during their time in school is also an important factor in their success.

EFFECTIVENESS
Looks at how well students manage and follow through on intended actions. Coaching topics might include planning skills, organizational skills, and follow-through. Advisors work with students to develop confidence, communication skills, increased awareness and ownership, and an ability to work toward long-term goals.