

REQUEST FOR AN ACADEMIC COACH

Academic Coaching is designed to help students create positive habits and routines in relation to their academic goals. One-to-one coaching is a working partnership focusing on the process of learning where students and coaches talk about learning styles, study habits, and current difficulties or barriers to success. The goal is for students to learn new behaviors and practices resulting in habits leading to academic, professional, and personal success.

Please complete and submit the Academic Coaching Request form below. The Academic Success Center will contact you to schedule an appointment.

First Name:

Last Name:

Today's Date:

UAFS Student ID #:

UAFS Email Address:

Phone:

Major:

Year in School:

Please select all of the topics below that you would like to discuss during the Academic Coaching meeting:

- | | |
|---|--|
| <input type="checkbox"/> Study Skills | <input type="checkbox"/> Textbook Reading Strategies |
| <input type="checkbox"/> Time Management | <input type="checkbox"/> Organization |
| <input type="checkbox"/> Test Anxiety | <input type="checkbox"/> Effective Note-taking |
| <input type="checkbox"/> Test Preparation | <input type="checkbox"/> Assessing your Learning Style |
| <input type="checkbox"/> Test Taking Skills | <input type="checkbox"/> 5 Day Study Plan |

What courses are you concerned about or struggling with right now?

How many hours per week do you spend on the following? Work Study

Who were you referred by?

After completion of the above form, save this request and email it to the ASC. There is a link to the ASC email under the Main Menu in the Blackboard Community, or you may email the form directly to ASC@uafs.edu. We look forward to assisting you!

