



# Success Coaching

SUCCESS  
COACHING





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Meet your team

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# Overview

1

Learn about Success Coaching at Texas State

2

Understand how Success Coaching reimagined their program to be theory-based

3

Discover how Success Coaching is involved in the retention efforts of Texas State

4

Provide opportunities to share with your respective colleges and/or departments

# Success Coaching at Texas State

Texas State's Success Coaching, previously Academic Coaching, was established in 2012 as part of Texas State University's quality enhancement plan to provide services for first-year students. Since Fall 2020, Success Coaching has shifted its efforts to work closely with students on academic probation.

## Mission

The mission of Success Coaching is to foster an intentional and interactive partnership with students to enhance their overall academic success by assisting them in developing skills to become self-advocates in their education.

## Vision

To inspire and empower Texas State students to become confident in their academic skills and abilities.

# Success Coaching at Texas State

Success Coaching promotes **academic excellence** by helping students reach their highest potential. Our coaches are enthusiastic, caring, and non-judgmental individuals who help students go from good to great!



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# THEORETICAL FRAMEWORK

Success Coaching utilizes Schlosberg's transition theory and Appreciative Inquiry to provide guidance for our program.

1

Schlossberg's Transition  
Theory

2

Appreciative Inquiry

# What is Success Coaching

A coach is someone who helps you **articulate** your goals, **define** strategies and plans, **develop a vision** for success, and **challenge** you to achieve that vision.

Our office employs 22 graduate students to serve as success coaches.



# Benefits of Success Coaching

- Build individualized academic strategies
- Enhance classroom performance
- Increase productivity
- Identify top strengths
- Learn to adapt and navigate change
- Increase GPA
- Enhance communication skills





# Benefits of Success Coaching



Students that participate in academic coaching have significant GPA increases, are more likely to earn at least a 2.00 GPA in the interventional semester and are more likely to be retained at the university the following semester than those who do not participate in the program.

Capstick, M. K., Harrel-Williams, L. M., Cockrum, C. D., West, S. L. (2019). Exploring the effectiveness of academic coaching for academically at-risk college students. <https://doi.org/10.1007/s10755-019-9459-1>

# What to expect during a meeting

Students are matched with a **certified success coach** that will learn more about the student, gain insight on their learning/work styles, develop their personal plan to monitor and track behavior, and assess areas of growth.



*\*Coaches are certified through Association for the Coaching and Tutoring Profession (ACTP)*



# Students we serve

Identified Population: Students on academic probation

Additional Populations: Students enrolled in Developmental Education courses

# WHEN TO REFER

## SUCCESS COACHING

### Types of Coaching

### Areas of Focus

### Student Scenario

### How coaching can assist

#### Skill Development

- Active learning
- Memory techniques
- Study skills
- Test-taking and preparation
- Post-exam analysis



A student has found it difficult passing exams despite their intentional efforts to study. They set aside time to study, and they are doing all the right things but not seeing the results they are looking for.



- Assess strengths and areas of opportunities
- Providing student with a 5-day study plan
- Give memorization techniques
- Review previous exams
- Discover if a learning difference has been diagnosed

#### Performance

- Accountability
- Time + 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 school work difficult to comprehend, but there are many outside factors that impact their performance. The students motivation is low.



- Utilize time + task management materials
- Identify areas of opportunities for balance
- Discover what motivates the student
- Share on + off-campus financial resources

#### Developmental

- 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 students abilities.



- Discover what motivates the student
- Use powerful questions
- Implement solutions-focused approaches
- Refer to appropriate resources
- Provide a support system

#### Resource Utilization

- Encouraging student-faculty interaction
- Utilizing campus resrouces
- Understanding acadaemic 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.



- Assist with crafting emails for communication
- Walk student to campus resources + set up the appointment with the student
- Help students navigate + understand syllabi
- Assist with suspension + financial aid appeals



# Connect with us

Location: Commons Dining Hall, 2<sup>nd</sup> Floor

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