



Academic Coaching

WHAT IS IT?

Academic coaching is **focused on helping students become better students** through examining learning styles, habits of working, & current challenges to success. Students and academic coaches meet for 1-on-1 appointments consistently throughout the semester.

HOW MANY APPOINTMENTS?

Students can make 1 academic coaching appt. per week.

AREAS OF FOCUS:

- Study Skills
- Note-Taking
- Time Management
- Levels of Organization
- Problem Solving
- Strategic Planning
- Critical Thinking
- Stress-Management
- Test Preparation

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