

## Academic Coaching Syllabus

This syllabus outlines the topics you will cover during meetings with your Academic Coach. Discussion and activities are designed to help you set personal goals, develop an Academic Success Plan, enhance your study skills, and achieve success at Ursinus College.

Appointment Scheduling..... Email [instituteofstudentsuccess@ursinus.edu](mailto:instituteofstudentsuccess@ursinus.edu)

Module/Topic	Learning Objective	Activities
SMART Goal Setting	Understand and implement the components of a SMART goal.  Develop a growth mindset and resiliency behaviors	Self-Assessment  Develop SMART Goals  Create Academic Success Plan
Time Management	Develop and implement an effective time management system  Develop a growth mindset and resiliency behaviors	Determine course expectations, instructor communication policies, assignment due dates  Create Semester Calendar
Learning Styles	Discover practical ways to boost learning potential by identifying preferred learning styles  Develop a growth mindset and resiliency behaviors	Learning Styles Assessment  Using preferred learning styles
Study Skills	Understand best methods for test preparation and develop effective study skills  Develop a growth mindset and resiliency behaviors	Study Skills Assessment
Network of Resources	Identify at least three campus resources of support and understand how to use them  Develop a growth mindset and resiliency behaviors	Review campus resources and identify who they can benefit

Accommodations for students with disabilities – Any student who feels they may need accommodations based on the impact of a disability or medical condition should contact the Office of Disability Services to coordinate reasonable accommodations. Please contact Dr. Dolly Singley at [dsingley@ursinus.edu](mailto:dsingley@ursinus.edu) or 484-762-4329.