# Adapted from Academic Coaching powerpoint

# 1. Academic Coaching for Students with disabilities

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# 2. Academic Coaching

## Agenda:

### Overview of coaching program

### What I have learned

### Coach & student experiences

### Questions & comments

# 3. Why? When?

## Students struggled with the transition to college

## I wanted to be proactive, not reactive

## Fall 2013 - Spring 2014

## Fall 2014 – Spring 2015

# 4. Where? How?

## ODU Disability Services Office

## Reviewed other Coaching programs, read articles, NACADA Academic Coaching listserve, talked to current & former students

## Hired an education major as my coach

### Worked with my Coach to develop a timeline/calendar

# 5. What?

## Initial assessment for Coaching

## Weekly meetings, check-ins every 4 weeks

## “Try everything” approach

## Started with a template, adjusted it as needed for each student

## Goals – retention, independence, advocacy

6. It isn't sufficient just to want - you've got to ask yourself what you are going to do to get the things you want.

Franklin D Roosevelt

**Week 1: August 18 – 24**

**Weekly Goals:**

**Academic:** Review syllabi, set up planner

Dates for tests, quizzes, papers, assignments

Class times and locations in Outlook Calendar (Prof. name, etc…)

Plan when you will study & prepare for each assignment, test and paper

**Coaching/Success:**

Schedule meetings with Coaches

Set expectations for Coaching program

Review Angel and ODU online

**Social/Involvement:** WOW activity

7. **Weekly Review:**

What strategies worked well this week?

What strategies/events/\_\_\_\_\_ need improvement?

Did you accomplish all of your goals this week?

What was the best part of this week?

What will you do different next week?

8. Learning is not attained by chance. It must be sought for with ardor and diligence.

Abigail Adams

**Week 8: October 6 – 12**

**Weekly Goals:**

**Academic:** Midterm exams – write out possible test questions, meet with tutors and Professors prior to test if you have any questions about the material

**Coaching/Success:** Midterm preparation – review study strategies, strengths, weaknesses, review planner & syllabi – course objectives!

**Tips for Midterm Prep**

Review even if you think you know it!

Don’t cram! Review & study every day 30 minutes per class

Use the study guide (or make your own)

Ask questions in class

9. This slide is a semester calendar for the Ohio Dominican University.

# **10. What I have learned**

## Better rapport

## Meta-cognition techniques

## More pro-active

## Advocacy development

# 11. What I have struggled with

## Knowing how to help

## I can’t grow motivation

## Maintaining the student/counselor roles

## Empathy – too much & too little

## Keeping them coming in for coaching one they feel comfortable

# 12. 1st year vs. 2nd year

## 1st year – similar issues, diagnosis, needs, plans

## 2nd year – everyone is vastly different, everyone needs very different help, all need to be approached differently

### Great for my coach! She’s learning a lot

### Challenging but interesting

# 13. Outcomes for Fall 2013

## Started with 6 students, 1 withdrew.

## GPA- Midterm (m) Final (f)

## **A: 1.91 (m) 1.734 (f)**

## **B: n/a (m) 2.934 (f)**

## **K: 1.25 (m) 0.0 (f – WD)**

## **L: 2.4 (m) 3.043 (f)**

## **M: 2.58 (m) 3.083 (f)**

## **T: 3.08 (m) 3.418 (f)**

# 14. Outcomes - Spring 2014

## 6 students

## GPA - Final (f) Cumulative (c)

## **A: 2.335 (f) 2.251 (c)**

## **B: 3.165(f) 3.037 (c)**

## **L: 3.606 (f) 3.325 (c)**

## **M: 2.4 (f) 2.75 (c)**

## **T: 2.4 (f) 2.853 (c)**

# 15. Student experience

## Meeting with a peer was so much better than working with an adult

## Weekly planner was good – suggested what I should be doing every week

## Accountability

## Important dates in the semester

## Great for a commuter – kept in touch with campus

# 16. The Coaches experience

## **What I have learned from coaching other students:** I have learned new ways to approach studying and doing homework. Their ideas are ones that I never would have thought of.

## **What do I like:** being able to exchange ideas, skills, talents, and abilities.

# 17. The Coaches experience

## **Most challenging:** Sometimes not knowing how to help.

## **Most rewarding:** doing something that they "can't" do.

## **How will I use this in my classroom experience:** ​Identification of what strategies/concepts are the most frustrating, confusing, hardest to follow, etc…​

# 18. Questions? Comments?