



PROJECT IMPACT, TRiO SSS  
CALIFORNIA STATE UNIVERSITY EAST BAY  
(510) 885-3868



## Student Academic Coaching Agreement

Our coaching service is a powerful service for success. Coaching is a support service to help students develop stronger study habit skills to support their academic goals. The coach can help you understand assignments and break them down into more manageable pieces. Coaching time is not to be used for doing work and coaching is not tutoring – it is for preparing to do work so you can work effectively.

Student initials: \_\_\_\_\_

### Respectful Language

As a student, I promise to use respectful language in all interactions with my coach. This means I will not yell or use negative language with my coach.

Student initials: \_\_\_\_\_

### Respect for Time

As a student, I understand that my coach's time is valuable and I will respect their time. This means I will be on time for sessions and notify my coach in advance if I am late or will miss a session (see missed sessions policy for coaching). I understand that consistency is essential to the success of coaching and I commit to attending my coaching sessions regularly. **If I miss more than 3 weeks of coaching, I will need to meet with staff to discuss whether this support is right for me.**

Student initials: \_\_\_\_\_

### Openness to New Things

As a student, I understand that it is my coach's job to support me in developing new habits and skills in my academics. I understand this means we will be doing things in a new way and it may be uncomfortable for me. I commit to trusting my coach's guidance and being willing to try things in a new way.

Student initials: \_\_\_\_\_

### Commitment to Listening

As a student, I understand that my coach wants to support ME in MY goals. I commit to being as open as possible with my coach. I commit to listen to and answer their questions honestly. And I commit to listening to their reasons and experience as scholars when they offer me suggestions.

Student initials: \_\_\_\_\_



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## Academic Coach Agreement

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Coaching time is not to be used for doing work and coaching is not tutoring – it is for preparing students to do work effectively.

Coach initials: \_\_\_\_\_

### Respectful Language

As a coach, I promise to use respectful language in all interactions with my student. This means I will not yell or use negative language with my student.

Coach initials: \_\_\_\_\_

### Respect for Time

As a coach, I understand that my student's time is valuable. I will be on time to sessions and will commit to listening to what they want to use the time for. Plans for our coaching time will be developed collaboratively.

Coach initials: \_\_\_\_\_

### Openness to New Things

As a coach, I understand that it is my job to support my student in developing new habits and skills in academics. I understand that my student may feel uncomfortable with new ways of doing things. I commit to hearing their concerns and clearly expressing the reasons for my suggestions. I will invite them to trust me and work with them to make sure any changes are changes they want to make.

Coach initials: \_\_\_\_\_

### Commitment to Listening

As a coach, I understand my job is to support the student with THEIR goals. I commit to listening to them and asking questions to clarify when I don't understand. I commit to using my student skills to help them reach their own academic goals.

Coach initials: \_\_\_\_\_



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## Your Individual Goals and Requests for Support

### What goal do you have for this term?

(this can be a GPA or grade goal like – ‘earn a 3.0 or get an A in English’. It could also be a task based goal like ‘turn in all my assignments on time’)

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### What are three new things you could do that will help you achieve this goal?

Some examples include: visiting my professor’s office hours, making use of tutoring, spending more time working in the lab, starting assignments earlier etc.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

### How do you want coaching to support you with this?

Some examples include: support me in breaking down large assignments, help me set small deadlines before the due date, review my grades with me, review my assignments etc.

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Your coach may reach out to you via email and phone if you miss an appointment. Please sign below to give them permission to contact you in this way.

\_\_\_\_\_  
 Signature

\_\_\_\_\_  
 Date