

Center for College Life Coaching

College Life Coaching is a program for students who are committed to their personal growth. The program's aim is to support students in their transition to the University and to ensure they get the most out of their collegiate experiences. Students collaborate with their College Life Coach to establish and fulfill their academic, social, professional and personal goals.

What can you expect from your Coach?

- ✓ Motivate, guide, and advise you. Coaching is not about giving solutions, but rather working with you to come up with your own.
- ✓ Challenge you to reach new levels of achievement.
- ✓ Hold you accountable for following through with your goals.
- ✓ Always be direct and honest.
- ✓ Ignite potential.

What your coach will expect from you:

- ✓ Be open to discussing challenges and sharing success that occur in and out of school.
- ✓ Be a strong communicator regarding needs and goals.
- ✓ Learn the importance of personal growth through feedback.
- ✓ Be open to change and taking risks.
- ✓ Maintain scheduled meeting times.
- ✓ Always be honest.