

Academic Success Coaching Agreement

Academic Coaching provides students a consistent, one-on-one partnership, where they can improve their academic strategies and habits and get help managing their school/life balance. Coaching encourages taking action toward goals and self-insight. Coaches recognize students as the experts of their lives – naturally creative, resourceful, and whole.

Purpose of Agreement

The purpose of this agreement is to develop a coaching partnership to cultivate a student’s academic, professional, and personal goals and create a plan to achieve those goals through regular coaching sessions. “We coach for progress!”

Student Information

Student Name:		UV ID:	
Semester/Year:		Coach:	

Semester Action Plan

Semester Goal(s):	
Who in my life will I be accountable to?	
When I feel overwhelmed, who in my life will I ask for help?	
Reward(s) for Effort:	

Coaching Options

Academic Suspension or Dismissal Standing

Students on any level of Suspension or Dismissal standing are asked to participate in Academic Coaching at least once a month, until they return to Good Standing, up to 10 sessions a semester.

All Other Academic Standings

Students on any other level of standing, including Good Standing, may participate in up to 4 coaching sessions a semester, as resources allow.

Coach/Student Duties & Responsibilities

This is not a legal partnership, but more like a coach/athlete relationship. Each party must uphold their obligations for the coaching partnership to be successful.

As a coach, I will...

- Be approachable, understanding, and non-judgmental.
- Be an equal thought-partner with students as they define, develop, and pursue their goals.
- Encourage students to step out of their comfort zone.
- Serve as action-catalyst with accountability.
- Maintain the ethics, standards of behavior, and confidentiality established by the International Coaching Federation (ICF).
- Report otherwise confidential information to authorities if necessary.

As a student, I will...

- Accept responsibility and ownership for my academic success, including actions, inactions, and decisions.
- Be introspective and open to feedback and suggestions.
- Be willing to try new skills, strategies, and ways of thinking.
- Be honest about my goals and progress.
- Not expect my coach to serve as an academic advisor, tutor, therapist, opinion-giver, or problem-solver.
- Contact my coach in advance if I need to cancel and/or reschedule a coaching session.

Academic Success Coaching Plan

Goals

Example: Improve time management so I can get homework done on time.

1.
2.
3.
4.
5.

Action Steps

Example: Set my alarm clock before I go to bed. Stay on campus after class to get work done without distractions.

1.
2.
3.
4.
5.

Accountability

Example: Send coach a text every week to report on progress. Let my friends know ahead of time that I can't hang out during planned homework time.

1.
2.
3.
4.
5.

Rewards

Example: Sleep. Go to the gym. Hang out with friends or family. Go out to dinner. Buy something new. Recognition/praise. Travel. Give myself permission to watch a movie or play videogames for a few hours.

1.
2.
3.
4.
5.

Coach Signature:		Date:	
Student Signature:		Date:	