Academic Success Coaching Intent and Consent

Academic success coaching is about helping you build resilience and succeed in achieving your set academic goals. Coaching is not counseling, therapy or academic advising. Coaching is in addition to the many other student services available to you. Your coach may recommend another service for a particular form of support that goes beyond the boundaries of coaching. It is up to you to follow up, if you choose to do so. You are expected to be fully present for coaching sessions, bringing issues or areas for discussion into the conversation. You need to be fully committed to your own learning by responding to messages and attending scheduled coaching sessions. If you are unable to keep your appointment, please notify your coach in advance so that your appointment time can be given to another student.

1. I understand that academic success coaches are mandatory reporters and adhere to FERPA. They retain the option to consult with FERPA approved resources and abide by the Office for Equal Opportunity’s reporting requirements set forth. I understand that academic coaches are not counselors, and are therefore not bound by HIPPA.

2. I understand that all comments and ideas offered by my coach are solely for the purpose of aiding me in exploring options.

3. I understand there may be times my coach offers a referral to another service and/or community support, and that I can choose to decline the referral.

4. I understand advanced notice (24 hours) is required if an academic coaching meeting needs to be cancelled and rescheduled. In addition, I understand that two or more absences will jeopardize or terminate my ability to continue any regularly scheduled meetings with my academic coach.

Name of Student: ___________________________  Name of Coach: ___________________________

Student Signature: ___________________________  Coach Signature: ___________________________

Date Signed: ___________________________  Date Signed: ___________________________
name: ____________________________ date: __________

wsu id: __________________________
number of credits you are currently taking: __________

current major (and minor if applicable): __________________________

what concern(s) brought you in to see a coach? __________________________

__________________________________________________________

are you currently utilizing other services on campus? if so, which one(s)? __________________________

__________________________________________________________

what are your academic concerns? check all that apply:

☐ time management
☐ organization
☐ note-taking
☐ study skills/exam preparation
☐ reading skills
☐ memorization
☐ other: __________________________________________________________________________________

☐ motivation
☐ attitude
☐ goal setting
☐ communicating with professors
☐ getting help
☐ test-taking strategies

when you have an exam:

how far in advanced do you usually begin studying on average? __________________________

what study methods do you use? __________________________

how much stress does studying cause? __________________________

on a scale of 1 – 10, please indicate the degree of test anxiety you experience during exams.

no anxiety 1 2 3 4 5 6 7 8 9 10 extreme anxiety

**continued on next page**
Please rate your level of agreement or disagreement with the following statements:

<table>
<thead>
<tr>
<th>Statement</th>
<th>Always</th>
<th>Usually</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
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</thead>
<tbody>
<tr>
<td>When I go to class, my materials are well organized.</td>
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<tr>
<td>I am able to stay focused during class.</td>
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<td>After a lecture, I can summarize what was presented.</td>
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<td>My notes help me adequately prepare for class.</td>
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<td>I work hard in school.</td>
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<td>I believe I am capable of being a successful student.</td>
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<td>I feel that I manage my time well.</td>
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<td>I attend all of my classes every week.</td>
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<td>I complete my homework and other assignments on time.</td>
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<td>I put off “fun” when I need to study or do school work.</td>
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</tbody>
</table>

On average, how many hours per week do you dedicate to the following:

- Academic tasks/studying _______
- Extracurricular activities _______
- Employment _______

What are your academic goals? ___________________________________________

Is there anything else you think your academic coach should know about you? ________________________________

How did you hear about us or who referred you to us?

- □ Academic Advisor
- □ ASCC
- □ Access Center
- □ Reinstatement
- □ Facebook
- □ Alive!
- □ Other: _________________