



## 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: \_\_\_\_\_

**\*\*\*Complete form starting on back\*\*\***



### Academic Success Coaching Intake Form

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
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# Academic Success and Career Center

WASHINGTON STATE UNIVERSITY

**Please rate your level of agreement or disagreement with the following statements:**

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

**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
- Reinstatement
- Other: \_\_\_\_\_
- ASCC
- Facebook
- Access Center
- Alive!