



Division of Student Affairs Academic Coaching Program

For more information, please contact
Services for Students with Disabilities at
SSD@hofstra.edu or (516) 463-7075.



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Academic Coaching Program



About the Program

Hofstra students who are registered with Services for Students with Disabilities (SSD) can enroll in **Academic Coaching**, an optional, fee-based program designed to assist participants in developing their academic and study skills. This program is for students who may need additional support inside and outside the classroom through regular one-on-one meetings with a qualified learning specialist on staff in the SSD office.

Topics addressed in the program include:

1. Social adjustment to the college environment and its demands
2. Time management
3. Problem solving
4. Coping and stress management
5. Text reading and analysis strategies
6. Test preparation and test-taking strategies
7. Note-taking/proactive classroom strategies
8. Executive function/planning strategies
9. Learning style awareness and appropriate study methods



How It Works

Students enrolled in the Academic Coaching program and their learning specialist will write up a set of mutually agreed upon goals for the term and will work toward meeting those specified goals. A summary of progress, the extent to which the student's goals were met, and ideas for future goals and objectives should the student re-enroll the following semester will be completed by the learning specialist at the end of each term.

In addition to up to 90 minutes of individual sessions with a learning specialist per week, students enrolled in the Academic Coaching program are offered opportunities to attend study skills workshops and utilize online instructional assessments and tools designed to help them develop more efficient and effective college survival skills. To be eligible for the program, students must have a documented disability and must complete an application and interview process. The interview process will assist SSD staff in determining the student's knowledge of their academic strengths and weaknesses, their level of commitment to academic improvement, and desire to participate actively in Academic Coaching sessions.



The fee for this program is \$2,500 per semester. Students with disabilities may enroll in the program for a single semester or for a longer period. Sessions will begin the second week of the term and continue through reading days, for a total of 15 weeks per term. For each semester of enrollment, the student will receive 60 to 90 minutes of individualized coaching sessions per week (based on need), access to study skills workshops, online assessment and learning tools, a semester action plan, and a final summary of achievements.

