



## Division of Student Affairs Academic Coaching Program

For more information about the Academic Coaching program, please contact Student Access Services at [SAS@hofstra.edu](mailto:SAS@hofstra.edu) or 516-463-7075.



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## Academic Coaching Program



## Student Access Services





# About the Program

Hofstra students who are registered with Student Access Services (SAS) can enroll in Academic Coaching, a new, 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 of the classroom through regular one-on-one meetings with a qualified learning specialist on staff in the SAS office.

## Topics addressed in the program include:

- Social adjustment to the college environment and its demands
- Time management
- Problem solving
- Coping and stress management
- Text reading and analysis strategies
- Test preparation and test-taking strategies
- Note-taking/proactive classroom strategies
- Executive function/planning strategies
- Learning style awareness and appropriate study methods



# How It Works

In addition to 60 minutes of individual sessions with a learning specialist per week, SAS students are offered opportunities to attend workshops & groups to develop more efficient and effective college survival skills. To be eligible for the program, students must have a documented disability and meet with a staff member regarding the program prior to the start of the semester. The meeting will discuss 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.

## Psychoeducational Groups

- Adulting 101 Group: What you aren't learning in the classroom (taxes, self-care, living independently, job search, etc.)
- Social Network Live Group: Establish and implement social skills
- Keep Calm & Carry On: Having extra challenges can be stressful. Come to Student Access Services to discuss your worries



The fee for this program is \$2,750 per semester. Students may enroll in the program for a single semester or for a longer period. Sessions begin the second week of the term and continue through the last day of class for the semester. For each semester of enrollment, the student will receive up to 60 minutes of individualized coaching sessions per week (based on need), a semester action plan, access to SAS workshops, and a final summary of achievements and recommendations at the end of the term. Academic Coaching is based upon availability for each semester.

