

# ACADEMIC COACHING

## What can working with an academic coach do for you?

Meeting with an academic coach can help you explore your strengths and challenges to become an effective, successful student. Academic coaching can assist you with:

- + Improving study and test-taking strategies
- + Alleviating obstacles to your academic success
- + Setting and meeting your goals
- + Developing time-management and organization skills
- + Self-advocacy
- + Using effective learning strategies specific to your needs
- + Referring you to additional support services/campus resources as needed



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**Schedule an appointment**  
**carlow.mywconline.com**

*Scan this code to schedule an appointment from your smart phone*