

Name:

R Number:

Course:

Instructor:

Term:

Date:

SOAR Academic Coaching Worksheet

Before your scheduled meeting with an academic coach at the Learning Center, complete the following questions.

1.) I would rate my study habits as

Poor

Ok

Good

Excellent

2.) What do I currently use to manage my time?

3.) My current classes are

Course code/name	Time/days	Where	Current grade

4.) My academic goal for the semester is

5.) What do I hope to work on with my academic coach?

Complete the next page during your academic coaching session

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1.) How many hours a week should I study?

Course hours _____ x 3 = _____

2.) What are ways I can improve my study habits?

3.) What are ways I can best manage my time?

4.) How will I avoid distractions and focus on things that motivate me?

5.) How will I achieve my academic goal this semester?

Make it SMART (specific, measurable, attainable, relevant, time-based)

6.) Greatest take-away from academic coaching?

Academic Coach Signature:

Date:

Submit completed form to chris.kelley@ttu.edu within 3 days of appointment.