



The Academic Coaching Program was founded on the principle that academic achievement does not have to be at the expense of well-being. Academic coaching is a personalized support system that assists graduate students in identifying and overcoming challenges they may face throughout their academic journey. These challenges can include planning and prioritizing assignments, emails, meetings, tasks related to group projects, making choices around competing interests, estimating time for how long assignments or tasks will take, taking notes that are complete and useful for lectures and reading assignments, organizing, and synthesizing research articles, procrastination/avoidance, work/life/school balance, stress management, and more.

At HGSE, our Academic Coaching program is committed to empowering students to excel academically, personally, and professionally. We invite you to take advantage of this valuable resource to enrich your graduate experience. Our coaching program covers a wide range of areas to address the diverse needs of graduate students, including:

- **Goal Setting and Prioritization:** Assist students in understanding the pros and cons of various choices they face, helping them develop a habit of prioritization aligned with their academic and personal goals.
- **Effective Study Habits:** Provide practical techniques for avoiding distractions and establishing healthy working habits.
- **Application of Classroom Concepts:** Help students understand the practical usage of key concepts learned in class through concept mapping and connecting them to personal and professional experiences, fostering deeper comprehension and application of knowledge. This also includes strategies for taking notes in class and for reading materials and building individualized systems for completing academic assignments.
- **Time Management and Work Accountability:** Support students in developing semester-long plans and detailed work schedules, integrating techniques for task distribution and time management, while also establishing accountability measures to track progress and ensure goal attainment.
- **Mindfulness and Self-Care:** Incorporate strategies for mindfulness, promoting self-care, and maintaining work-life balance, empowering students to prioritize their well-being alongside their academic commitments.
- **Navigating Academic Challenges:** Offer guidance in overcoming obstacles such as language barriers, understanding the "hidden curriculum," perfectionism, imposter syndrome, and procrastination.
- **Building Support Networks:** Facilitate networking strategies, navigating group project dynamics, and empathetic listening to foster a sense of belonging and provide necessary support for students' academic journey.
- **Resource Navigation:** Help students find campus resources tailored to their needs, empowering them to access additional support and assistance as required throughout their academic career.

While Academic Coaching is comprehensive, Academic Coaches are not equipped to provide support in the following areas: [Mental Health Services](#), [Office of Career Services](#), [Peer to Peer Support](#)