

# ACADEMIC COACHING

## What is Academic Coaching?

- Academic Coaching is designed to provide specialized academic support to graduate students. This support is available to all graduate students who feel they may benefit from coaching as they transition to graduate school and focus on the unique skills necessary for graduate student success.
- Academic coaching utilizes research based tools and strategies for time management, planning and prioritizing, procrastination, avoidance, perfectionism, organization, group dynamics/project collaboration, maintaining healthy boundaries, finding balance with competing priorities, best practices for working in a virtual/online environment, and managing the unique stressors associated with engaging in the graduate school experience.
- Academic Coaching also supports student development in mindfulness techniques such as breathing methods and guided imagery to develop healthy boundaries, make choices, find balance with competing priorities, and manage the unique stressors associated with graduate school.

## How Are Coaching Sessions Conducted?

Coaching sessions are conducted via ZOOM.

*What happens between sessions?*

We will text or email between sessions to see how things are going and help you stay on track with your goals.

## What Happens if I Struggle Doing the Coaching Work?

Coaching involves making small adjustments, experimenting with new approaches and measuring change.

**For more information about Academic Coaching, and to be connected to a coach, contact Dr. KellyAnn Robinson ([kellyann\\_robinson@gse.harvard.edu](mailto:kellyann_robinson@gse.harvard.edu)), Associate Director of Student Support Services in the Office of Student Affairs.**

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