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**The most rewarding part of being a coach** is watching students grow over the course of a semester as they realize their full potential.

*Rebecca Fiore*  
*CLAS Academic Coach*

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### **How you can get a coach**

Call for an appointment or visit us in person.

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#### **Center for Learning & Academic Success**

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**GET IN  
GEAR  
WITH AN  
ACADEMIC  
COACH**



**Suffolk University**  
Center for Learning &  
Academic Success





**Maybe you're a motivated first-year student with a 3.5 GPA but can't understand the jumble of notes you've taken in class. Or you want to boost your grades but need goals to stay on track. You might even be a senior with law school in your future—if only you could stop procrastinating.**

Everyone can benefit from academic coaching at the Center for Learning and Academic Success (CLAS). We serve all Suffolk students in different ways. Your academic coach is a professional CLAS staff member who will help guide you toward academic success. During your one-on-one sessions, you and your coach will analyze your current study skills and habits, and then develop an action plan to transform you into a more effective learner.

**This service is free and available to all Suffolk undergraduates!**

### **Our Academic Coaches**

The CLAS's coaching team is educationally and geographically diverse. Our coaches hold degrees in diverse fields like English, sociology, psychology, higher education administration, and business. Some of our coaches graduated from Suffolk themselves, and many have worked for the University for more than a decade. Visit our website to learn more about our team.

### **How Coaching Works**

Your academic coach will work with you on an individual basis, typically once a week. Before you can get started on your very own action plan, though, you and your academic coach will meet to:

- Review your course syllabi
- Evaluate how you manage your time
- Assess your learning methods and habits
- Discuss your short- and long-term goals

Then, based on how you define academic success, you'll work with your coach to:

- Set goals for the semester
- Keep tabs how you're doing in each class
- Talk about your progress since your last appointment
- Clarify your priorities for the coming weeks
- Develop a time management plan
- Strengthen your study skills
- Connect with additional support resources if you need them

### **Your Ultimate Goal: Academic Success**

Seeing your academic coach on a regular basis can empower you to:

- Boost your GPA
- Stay on track academically
- Achieve the goals you've set for yourself
- Study more effectively
- Manage your time more efficiently
- Use campus resources to further enhance your academic success
- Gain a healthy balance between coursework and campus life
- Thrive as a student

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**I really don't believe I could have made it to my senior year without the support of my academic coach.** The coaches believe in every student, and they know that anyone can achieve what they set their mind to.

*Jordan Killkelley  
College of Arts and Sciences  
Class of 2013*

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