WHAT IS SUCCESS COACHING?

Success Coaching is an interactive one-on-one process that empowers students to get from where they are now to where they want to be.

The Success Coach is a peer that students can visit at CLUE to help build more general skills for success. Even if students are not sure why they are struggling to meet their academic goals, the Success Coach can help identify and overcome challenges to create a foundation for success in college.

MEET THE COACHES

Idera Adagun, Master of Public Administration
Winter Hours:
Tuesday 2:30-4 p.m. & Thursday 11:30-2 p.m. MGH 161H
Schedule an Appointment:
https://meetme.so/IderaAdagun

“To say that I am terrified of math is an understatement. In my Economics and Statistics courses, I was introduced to topics and programs I had never heard of or seen before. After doing poorly on my first couple of quizzes and homework assignments, I quickly learned that office hours, group study sessions, and tutoring are a students’ best friend. It was helpful to see all of the alternative ways I could approach topics I was struggling with. I learned that it is okay to ask for help.”

SUCCESS COACHES CAN HELP YOU WITH:

- Effective studying strategies
- Time management
- Setting and working towards goals
- Locating on-campus resources
- Motivation

Schedule a 30 minute appointment or drop-in coaching is available on a first come-first serve basis.
MEET THE COACHES

Kit Slocum, B.S. Psychology, 3rd year
Winter Hours:
Monday 1-4 p.m. & Wednesday 4-6 p.m. MGH 161H
Schedule an Appointment: https://meetme.so/KitSlocum

“I got a 41% on my chemistry exam! So I studied harder for the next exam, but ended up failing it too. I was so upset with myself for failing when I had worked so hard. After a day of sulking, I realized I had to be more strategic with my studying -- what worked for my other classes did not work for my chemistry class. I took online quizzes, watched YouTube videos, and approached my professor for help. The hard work paid off and I got an A on my next exam! I learned that although difficult to swallow, failure is a learning opportunity for self-improvement and we must remind ourselves that our failures are just stepping stones to our success.”

Roxanne Garcia, B.A. Public Health, minor in Education, Learning, and Society, 4th year
Winter Hours:
Monday 7:30-10 p.m. & Thursday 4-6:30 p.m. MGH 161H
Schedule an Appointment: https://meetme.so/RoxanneGarcia

“The thing I had the most trouble with at UW was time-management and understanding how to study with time as a variable. My first year at UW was rough because I would study for multiple hours in a day, take naps as a break, and was confused as to why I wasn’t able to retain information and perform well on exams. What I realized was that I didn’t really understand how to budget study time. I then looked to my peers and saw how they studied, asked them about what they do, copied some of their tactics, tried different ways of studying and luckily enough, did significantly better on exams. I firmly believe that I do not know everything, and there is always someone there willing to help, provide resources, and be a role model.”

Dillon Connelly, Masters in Museology, 1st year
Winter Hours:
Wednesday 1-3 p.m. & Friday 12-3 p.m. MGH 161H
Schedule an Appointment: https://meetme.so/DillonConnelly

“It took me three tries with three different professors to pass a chemistry course that was required for both my undergraduate degrees. While it was frustrating to hit that wall over and over again where it seemed like I was never going to understand electrochemistry, I was able to find a professor on the third attempt who was much more willing to work with me and other struggling students in understanding the more difficult topics of the course. This failure taught me the importance of researching not just what courses to take, but who to take them with.”

Success Coaching is not academic advising, personal counseling, a disciplinary meeting, or one-on-one tutoring for a particular course.