STUDENT SUCCESS COACH

WHAT IS SUCCESS COACHING?

Success Coaching is an interactive 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. 

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

GOALS OF SUCCESS COACHING

The ASP Success Coach meets with students one-on-one to help them develop skills in the following areas:

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

You can make an appointment during our posted hours. We will prioritize those with appointments, but welcome drop-in coaching on a first come-first serve basis. Meetings will last 30 minutes.

MEET THE COACH

_Idera Adagun_, Master of Public Administration

**Quarter:** Summer (June 18-August 31, 2018)

**Hours:** Tuesdays 4:30-6:30pm, Thursdays 11am-1pm, MGH 161H

Sign up for appointment with Idera: [https://meetme.so/IderaAdagun](https://meetme.so/IderaAdagun)

**Future Career Goals:** Non-profit Management within Higher Education

**Hobbies:** Traveling, Netflix, and Finding the Best Restaurants

**Academic failure and how you turned it around:** To say that I am terrified of math is an understatement. Coming into my masters program, without a math background, proved to be difficult as a first year student. 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. Overall, my first quarter taught me that it is important to use the resources available to us as students and that it is okay to ask for help.

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http://webster.uaa.washington.edu/asp/website/get-help/academic-success-coach/