

This is what a coaching plan will look like. All students will create a coaching plan with their coach in their first session. Any areas that indicate “fill in” are spaces you will be identifying with your coach.

Coaching Overview

At SWC you have access to coaching support through Student Success Coaches and also the Peer Coaching Program. Coaching is a holistic support resource available to help you succeed on the path toward your educational goals at SWC.

Coaches do this by connecting you to resources, listening to your needs, and assisting you in navigating requirements related to your success. Students are provided with up to six sessions per coaching plan. If a need arises for more sessions this will be discussed with your coach and a new plan can be created.

This service is not a replacement for personal counseling/therapy.

The SWC Coaching Program is:

- **Relational:** All coaches have training in power dynamics and critical pedagogies. Every relationship will have power dynamics, but coaches will work to establish understanding for this within your sessions and address any possible roadblocks in the relationship to assist in building trust and a constructive working relationship.
- **Student Centered:** Coaching is about **you** and **your** needs. Coaches do not take a one-size-fits-all approach to strategies. We will work with you to address your needs in a way that considers your values, background, and personal habits. This is done to better bolster your academic and career goals.
- **Solution Focused:** Coaching is done with an end goal in mind. Goals might change and expand over time, but work will be centered on identifying the need and strategies to address it. Coaching will entail creating a coaching plan that will allow you to track progress and more clearly identify when new needs or strategies arise.
- **Goal Oriented:** This means we focus on specific outcomes and identified needs. We work with you to understand if negative or overwhelming feelings are stemming from a place of emotional need or academic requirements and assist you in accessing the appropriate support. If the need is related to your academic work, we then coach you through that need. This is done by:
 - Assisting with immediate needs around schoolwork at SWC like completing assignments for class.
 - Connecting you to the correct department or person to talk to about a need. Whether you are looking to find out about ADA accommodation options, how to access library resources, or where to get that file from your Peer Coaches are here to make sure you connect with the right resource.
 - Getting you familiar with SWC learning resources like Populi or the library. We know that navigating new systems can be overwhelming. This is part of why Peer Coaches are here to work through identifying your needs, learning style, and workflows to help you get comfortable in these spaces.
 - Working through time management resources and needs for **your** schedule. Grad school is a challenging time, and we know you aren't just balancing class work. If you are looking to figure out how to approach your available time in a way conducive to your needs, Coaches are here to help!

- Identify tools to help you build appropriate boundaries with your work, school, and life needs. This includes identifying forms of self-care that fit your needs.

Terms of Coaching

The Guiding Values of Coaching are:

- **Connection:** You're not doing this alone, there are resources available to you.
- **Consistency & Accountability:** Your Coaches will be there for you as you build skills to address your needs and goals.
- **Compassion:** Your Coaches have experience and training in holistic coaching methodologies and will be a thoughtful and compassionate support.
- **Confidentiality:** What you share with coaches is confidential. At times, your coach might ask permission to share your needs with the Dean of Student Affairs in order to explore options for resources and support. They will not do so without your prior permission. The exception is if you report a desire to harm yourself or others.

What Coaches Assist With

Academic Support

- Academic Advising and Program Planner Changes
- Academic/Classwork Support
- Research Skill Development and Support
- Time Management and Study Support
- Writing Support

Dispositional Support

Your coach understands that you have a unique perspective and that academic pursuits are not separate from your background and personal needs. Your coach will respond in a supportive way to address academic pursuits while balancing life needs. Your coach will support you in identifying and developing strategies and tools for:

- understanding and integrating the SWC dispositions into your awareness
- self-reflection
- self-regulation
- integrating feedback
- exploring and setting healthy boundaries
- appropriate self-disclosure
- cultivating presence
- feeling and showing empathy for yourself and others
- creating self-care plans
- exploring biases, power, and positionality
- establishing and maintaining positive relationships
- taking personal responsibility for your experience

Student Expectations:

- In partnership with your coach, you will create clear goals and develop a coaching plan with a set number of sessions determined when creating your plan

- You will maintain personal accountability in addressing your desired goals and outcomes
- You will clearly identify your needs and goals for each coaching session in advance
- You will schedule your coaching sessions in advance utilizing your coach's Calendly link based on your coaching plan
- You are required to attend scheduled coaching sessions on time and to let your coach know in advance if you are unable to attend a session. Missing a scheduled coaching session will forfeit that session.

What are 1-3 Goals/Outcomes for your Coaching Sessions?

Goal 1: Fill in

Goal 2: Fill in

Goal 3: Fill in

Sessions

Number of sessions: Fill in

Notes about coaching sessions duration/structure: Fill in

Responsibilities of the Coach to the Student

1. Coaches are here to support you but are not trained mental health professionals. We will ensure you have a space to discuss any emotional needs related to your goals/outcomes but will be clear when a need can't be met by a coach. In those cases, we will work to assist you in understanding what resources you need.
2. Coaches have a duty to report any potential for harm to yourself and/or others.
3. Fill in
4. Fill in

Responsibilities of the Student to the Coach/Process

1. Take personal accountability for goals/outcomes by following through on action steps outlined in each session.
2. Complete the pre-session questions when you book a new appointment through Calendly.
3. Check agreed upon communication channels to ensure your coach is appropriately aware of your needs.

4. Seek mental health support outside of Southwestern College when appropriate and necessary.

5. Fill in

6. Fill in