

ACADEMIC COACHING

- **Meet your academic goals**
 - **Make a plan for success**
- ACADEMIC COACHING IS FOR EVERYONE!**

WHAT CAN ACADEMIC COACHES DO FOR YOU?

- **One-on-one appointments for any student seeking academic excellence**
- **Workshops and in-class support for student success skills**

MAKE AN APPOINTMENT:

- **Though SSC:**
 - <https://fitchburg.campus.eab.com>
 - Get assistance > Advising > Academic Coaching
- **OR, come to the main office in Hammond 308**

ATTEND A WORKSHOP:

- **Come to any Academic Coaching Workshop:**
 - https://www.fitchburgstate.edu/uploads/files/Academic_Coaching_Workshops_F19.pdf

ACADEMIC COACHES CAN HELP WITH:

OVERCOMING PROCRASTINATION

DEVELOPING ACADEMIC MOTIVATION

STUDYING WITHOUT DISTRACTION

TIME MANAGEMENT

ORGANIZATION

EFFECTIVE TEST PREPARATION

READING COMPREHENSION SKILLS

STRATEGIES FOR DEALING WITH ACADEMIC STRESS & ANXIETY