

The Coaching Wheel

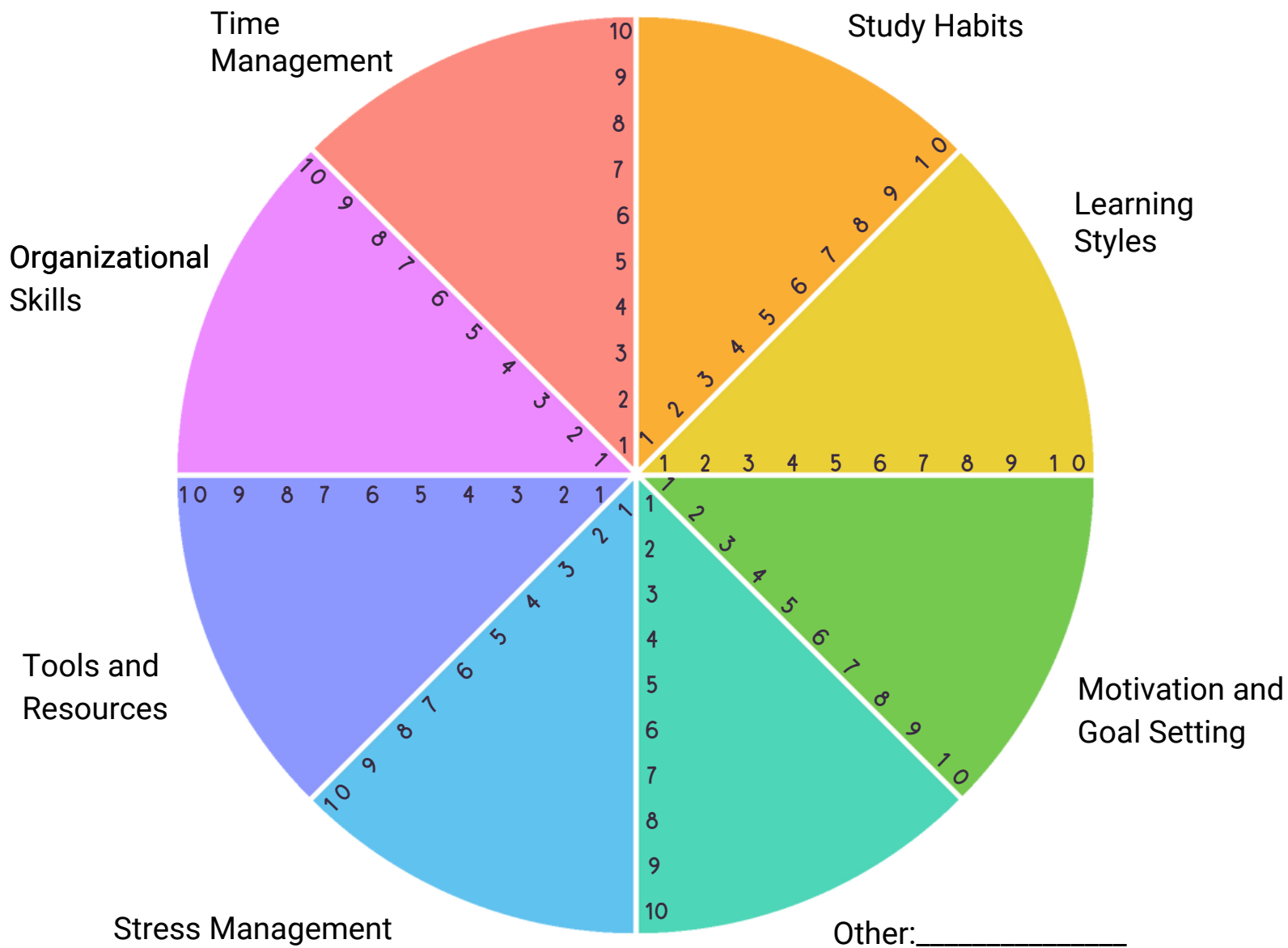
Focus on Academic Skills, Habits, and Mindsets

This coaching tool will help you reflect on your current level of satisfaction in different academic skills, habits, and mindsets that lead to success in college. We invite you to use this visual snapshot to identify areas of strength and consider opportunities for growth to talk about with your academic coach.

Step One

Rank how satisfied you are *currently* in each category.

1=Very Dissatisfied; 10=Very Satisfied



Make a WOOP to Make It Happen:

WISH: What is one goal that you want to accomplish this semester? Make sure it is something you control. Challenge yourself.

OUTCOME: What would be the best result from accomplishing your goal? How would you feel? Pause and really imagine the outcome.

OBSTACLE: What is one obstacle within your control that could keep you from achieving your goal?

PLAN: What course of action do you need to take to help you overcome this obstacle and achieve your goal? (If necessary, break it up into daily or weekly actions.)

When

obstacle you anticipate

happens,

then, I will:

specific action you will take to achieve your goal