SSC Offers Academic Coaching Services

Lewis and Clark Community College is committed to providing students with the skills necessary to achieve academic success. The campus Student Success Center (SSC) aspires to support all students in attaining their full academic potential, while providing extra assistance to students who need more guidance as they adjust to college life. Successful students put in many hours of work outside of class to prepare for the rigors of the classroom experience. Academic coaching will help students transition into their new learning environment and increase their chances of succeeding academically. Based on student needs, some strategies for success that can be explored include, but are not limited to:

- **Study Strategies** – effective methods on how to study, methods for note-taking, how to organize notes
- **Time Management** – How to get motivated, stop procrastinating and establish a balance between academic rigor and extracurricular activities
- **Self-Awareness** – Helping students understand strengths, values, interests, purpose, and passion, as well as how to be responsible for their own actions and decisions
- **Campus Engagement** – How to make the most of the L&C experience
- **Academic and Student Support Resources** – Helping students connect to resources available to support academic, social, and personal success while learning self-discipline, self-motivation and self-efficacy

The goal of academic coaching is to help students improve grades, stay on track, and provide students with individual attention. The academic coach does not teach, but instead reinforces the skills students use to achieve academic success.

While the SSC exists to support students in their success, it is important to note that an Academic Coach is **not** an Academic Advisor. The Academic Advisor helps the student with course selections and meeting curriculum and degree requirements. The Academic Coach and Academic Advisor work collaboratively to provide the highest level of support available to all L&C students.

Please contact Jill Lorsbach, Manager, Student Success Center at (618) 468-4130 to learn more about Academic Coaching and if it is right for you.