

# SUCCESS COACHING



*"Meeting with my Success Coach has helped me to identify a degree path that I am not only good at, but that I enjoy doing."*

– Chyna Brown Stevenson

**Have you ever studied for hours and still felt like you didn't know the material? Do you need to set goals and develop a plan? Do you ever wonder where all your time goes?**

## What is Success Coaching?

**Success Coaching** at Millersville University is a service available to **ALL** students. We believe every student can benefit from having **individualized attention to support their academic goals.**

Success Coaching is a **personalized, one-on-one partnership with a trained professional** who can help you improve your life skills and performance. Working with one of our Success Coaches, you will examine your learning style, habits of working and identify current difficulties or barriers to your success. You and the coach work to create and put in place more effective strategies.

## How will Success Coaching help me?

Coaches are trained to listen, observe and **customize their approach to your individual needs.** They seek to elicit solutions and strategies from you, and then provide support to enhance the skills, resources and creativity that you already possess.

The aim is to heighten personal awareness to **achieve academic success** and anchor this awareness with new strategies, a supportive relationship and personal accountability.



*"Having a Success Coach has been very helpful. As a college freshman, meeting with my Success Coach has relieved a lot of stress. My freshman year turned out to be very successful with the help of my Coach."*

– Allen Chatmon

## What are some examples of topics I can be coached on?

- Improving study skills and habits based on your unique learning style
- Setting a schedule that works for you
- Increasing reading comprehension
- Establishing and completing important personal goals
- Re-adapting to an academic environment after years in the "real world"
- Adjusting to campus life
- Managing your relationships with roommates, classmates and professors
- Connecting you with other campus resources

## Success Coaching vs Academic Advising

Success Coaches are **not** academic advisors. For example, you might visit your advisor to help you navigate the requirements for getting into different classes and discuss professional development opportunities such as internships and/or graduate school.

**Success Coaching allows space for everything in between,** like learning strategies, life management skills and earning strong grades. Meeting with a Success Coach is one of the best ways to personalize your experience at Millersville University and stay on track toward reaching your goals.



## What is it like to meet with a Success Coach?

Your first meeting with a Success Coach will last approximately an hour. After that, the length and frequency that the two of you meet depends on you and your goals. We suggest meeting with a coach:

- at the beginning of the semester to review your course load and devise strategies accordingly;
- mid-semester after you've settled into your classes and are aware of long-term assignment dates;
- end of the semester to sharpen your focus on your remaining work and priorities,

Or, anytime you...

- feel you're "not doing well";
- have questions about academic policy;
- feel overwhelmed or lost;
- want to explore academic options.

Remember, **coaching is for YOU**. If the conversation isn't going in a direction that feels useful, feel welcome to let your coach know you'd like to talk about something else or move in a different direction.

## Faculty & student group workshop requests

Is your student club or organization looking for strategies to improve their overall academic performance or leadership skills? Are you a faculty member who would like one of our Success Coaches to visit your class?

Sample workshop topics include:

### • Assessing Your Learning Style

Help students determine their preferred learning style and provide them with strategies to effectively learn based on that style.

### • Developing A Growth Mindset

Focuses on the concept of growth mindset and how it influences the way students can foster an attitude of resiliency for success.

### • Understanding The Culture of College

Familiarizes students with the vocabulary and expectations of college.

We can also prepare a customized workshop for you by request!

## To schedule an appointment or request a workshop:

### CONTACT INFORMATION

Success Coaching

Department of Academic Advisement & Student Development

Working Hours: Monday-Friday 8 a.m.-4 p.m.

Evening Zoom Hours: Tuesday 6 p.m.-9 p.m.

Phone: 717-871-7650

Email: [Ryon.Freeman@Millersville.edu](mailto:Ryon.Freeman@Millersville.edu)

## Meet Our Success Coach:



### Ryon Freeman, MSW

Success Coaching reaches beyond the classroom and supports students in all the areas in-between. I look forward to being able to walk with students during their time at Millersville, providing tools and strategies along the way that will support them on their road to success.

Nothing excites me more than seeing a student achieve personal and academic success. As a Success Coach, I have the privilege to help empower students to reach their goals and overcome obstacles. I strive to help students recognize their strengths and develop their talents and utilize these skills on their path to success. I believe it's important to embrace students where they are while building a supportive environment that promotes growth.

Sign up to meet with a Success Coach today by scanning the QR code

