

WHAT TO EXPECT FROM SUCCESS COACHING AT THE UNIVERSITY OF DAYTON

HAVE A GREAT COLLEGE EXPERIENCE

Make UD your home. Get involved in the activities that help you thrive by knowing all that the University has to offer. Build strong campus relationships with your professors, advisors and staff.

TOPICS COVERED:

- Continued transition to college
- Explore the numerous opportunities available at the University of Dayton

PLAN YOUR COLLEGE AND CAREER PATH

Figure out what your future has in store for you. Connect your academic plan to your long term goals. Do well in school. Find great internships, summer, and work experiences.

TOPICS COVERED:

- Long-term planning
 - Determine where you want to go in college and beyond
 - Assess your goals and life values
- Four-year roadmap
 - Set a GPA goal
 - Strengthen study skills
 - Choose a major
 - Set summer goals
 - Find an internship
- Career goals and skills
 - Develop your leadership abilities
 - Learn networking skills

BE HEALTHY, BE HAPPY

Give yourself what you need to feel great. Balance your priorities and de-stress your life. Eat, sleep, and exercise right. Be supported socially and emotionally.

TOPICS COVERED:

- Health and physical fitness
- Personal support network
- Stress management

ACCOMPLISH WHAT MATTERS MOST

Juggle your busy life with ease. Focus on key goals. Make great decisions. Be on top of your finances. Communicate with clarity.

TOPICS COVERED:

- Time management skills
 - Set SMART goals
 - Manage your time
 - Develop weekly action plans
- Decision making
 - Systematically evaluate options
 - Imagine different futures
- Financial literacy
 - Manage cash flow and budget
 - Manage credit effectively
 - Understand financial aid package and options

MORE ABOUT SUCCESS COACHING AT THE UNIVERSITY OF DAYTON

WHAT IS SUCCESS COACHING?

You will receive one-on-one attention from a Success Coach who is committed to your personal development and success. What makes your Success Coach especially valuable is that your coaching is tailor-made to meet your individual needs. Your Success Coach will work with you to achieve the fullest college experience possible — improving effectiveness in and out of the classroom, building leadership skills, creating balance and managing stress, and working towards goals for the future. Successful coaching is about identifying talents, solving problems, and executing the right plan.

WHO IS MY COACH?

The University of Dayton Success Coaches are your allies on your path through college. They are selected based on an intensive screening and assessment process and receive extensive professional training through five professional certification levels. Our Success Coaches are passionate about education and helping others succeed, have demonstrated the ability to motivate others, and have completed their Bachelor's degree or higher. Success Coaches are a part of the team at the Office of Student Success and are available to you via phone, Facebook, email, and/or instant message. Your Success Coach is available to you Monday through Friday 12pm – 9pm EST.

The University of Dayton has partnered with InsideTrack to bring Success Coaching to the Class of 2013. Since 2001, InsideTrack has coached more than 250,000 students at 50+ campuses with a consistent positive impact on students' success.

WHAT TYPES OF STUDENTS CAN BENEFIT FROM SUCCESS COACHING?

Success Coaching can benefit all types of students. Think about the people who are most successful at what they do: top athletes, successful business leaders, leading performers. Tiger Woods has a coach, and so does the CEO of Google. These individuals are incredibly talented, successful and driven, and yet they have benefited from coaches to become the best at what they do. Like any great coach, yours will help you sharpen your focus, break down each situation with no-nonsense analysis, give you advice, and even give you that pep talk when you need one.

WHICH STUDENTS WILL RECEIVE SUCCESS COACHING?

Success Coaching is available to all first-year students in their fall semester at no cost to the student, through the Office of Student Success. In the spring semester, students can choose to continue working with a Coach for a fee which is added to their student bill.

Weekly coaching is offered for a fee of \$795 or Twice monthly coaching for \$495.

WHAT IS SUCCESS COACHING LIKE?

You'll meet with your Success Coach in regularly scheduled 30-minute phone sessions to talk about how your college experience is evolving, review your progress toward the goals you've set for yourself, and work together to address any challenges. During fall semester, most first-year students focus on transitioning into college life and balancing all of their new priorities. Then, spring semester, they shift to developing a four-year roadmap, summer planning, and continuing to hone in on time management, decision making, and week-to-week priorities.

Spring Success Coaching sessions take place weekly or twice per month January 15 – May 15, 2010. As an added bonus, Success Coaching will continue through the summer on a monthly basis (May 16 – August 15) to help keep students focused and supported as they prepare for their second year at UD.

WHY SHOULD I TAKE ADVANTAGE OF SUCCESS COACHING?

Your college education is a huge investment in your future. Success Coaching is an extra step to protect your investment. And don't forget that your Success Coach also belongs to a highly specialized staff that knows all the ins and outs of UD's resources, services, policies, and procedures. With all that knowledge, your Success Coach can help you access virtually anything on campus and find the answers to questions that aren't so obvious.

HOW DO I LEARN MORE?

To find out more about working with a Success Coach, call 1-866-935-3024 or email daytoncoaching@insidetrack.com. The Office of Student Success staff will also be available to answer your questions on Success Coaching as well as to provide support and assistance throughout your UD journey. The Office of Student Success team can be found in the LTC located on the ground level of Roesch Library.

**Call 1-866-935-3024 or visit
dayton.insidetrackcoaching.com to learn more.**