

# CENTER FOR STUDENT SUCCESS & ACCESS SERVICES SUCCESS COACHING

Professional staff provides holistic support to help you set goals, develop individualized plan, implement strategies, and connect you to resources that will help promote you success. Students can meet for a specific question, an occasional check-in, or for ongoing support. The CSSAS professional staff are equipped to help you:

- **Set** short- and long-term personal and academic goals
- **Learn** how to enhance relationships and communications with faculty, peers, and mentors
- **Connect** with campus resources tailored to your unique needs and interests
- **Improve** academic skills, including staying motivated, time management, and study strategies
- **Navigate** moments of change, like adjusting to college, taking a leave of absence or medical withdrawal