SCHWENKMEYER COACHING

Academic Coaching

Empowering Students with ADHD and Executive Function Challenges

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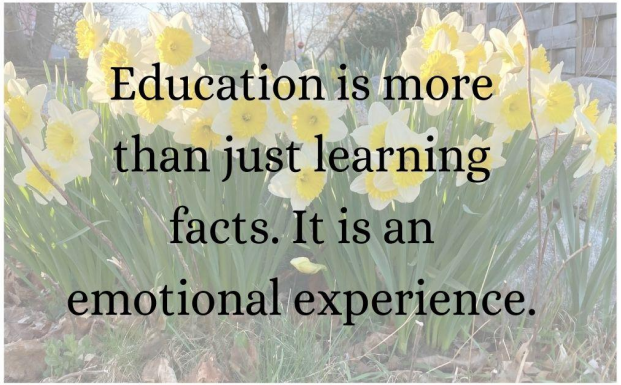
Today's Objective

- ❏ Understand the role of the coach + the student
- ❏ Coaching vs. therapy vs. tutoring
- ❏ Learn the impact of coaching through stories of students
- ❏ Coaching on college campuses
- ❏ See coaching as a viable resource for your student



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Foundations of My Work as a Coach

Teaching Middle School English for 18 years.

All about the student finding their nugget

IEP + 504 plan meetings-to be seen as empowering

My Coach Training Program

I learned to REALLY listen and ask powerful questions

My Own Learning Story

External Locus of Control-I did not see myself as an active participant in my learning process.

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What is External Locus of Control?

Feeling like you have no control over outcomes in your life

Letting yourself and your potential be defined by external forces, circumstances

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My Learning Story

The Epitome of an **External Locus of Control**

- [x] I'm so lucky I got an A
- [x] The project is not due for another week....I can start later
- [x] I'm a terrible writer
- [x] English is for smart people
- [x] My teachers don't really like me or teach very well
- [x] Studying will not make a difference

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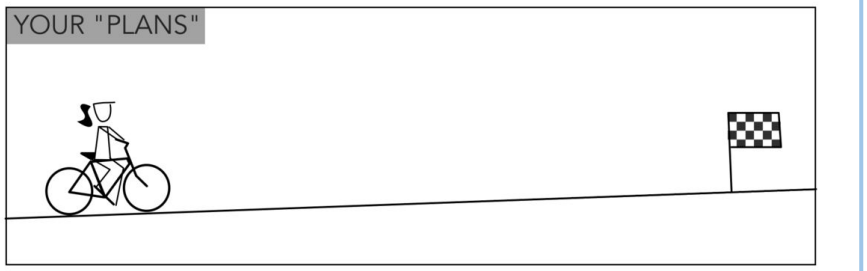
What is Coaching?



A *designed* partnership between a coach and a student to help a student reach their goals.

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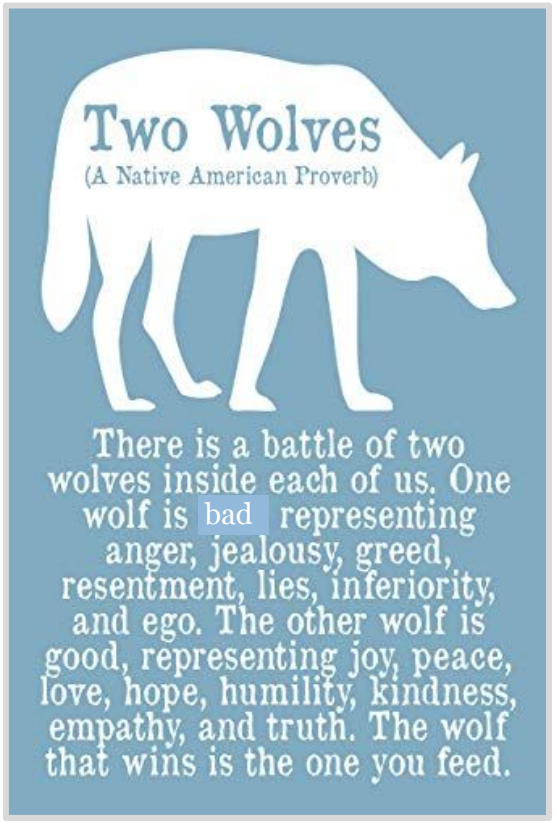
The Coach's Role

To teach students how to feed their good wolf!

Acknowledge the student to be whole, creative + resourceful

Ask powerful questions that build self-awareness of the habits of mind and impact of choices

Hold students **Accountable**



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The Student's Role

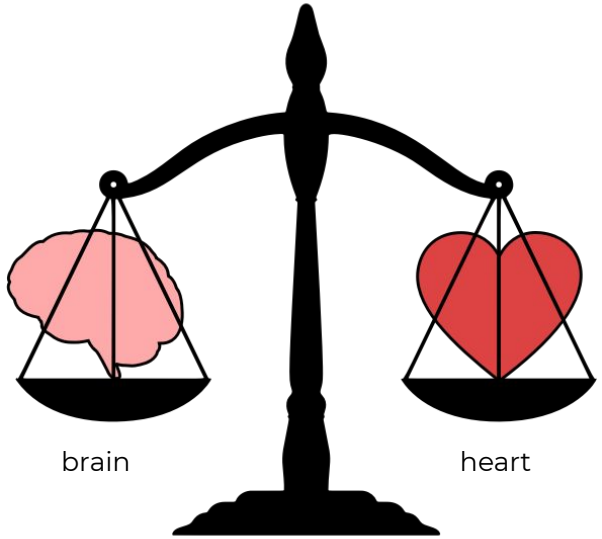
***Willingness to:**

Participate

Be honest

Try new thinking

Transactional vs. Transformational



As a third year college student, I thought I was alone in this process. I would sail in my boat of anxiety throughout the semesters and just scrape up the grades I needed to succeed. I thought this is just what education was-you're given a task and you're left alone to accomplish it in a world where so much more is happening than just academic assignments..

COLLEGE JUNIOR

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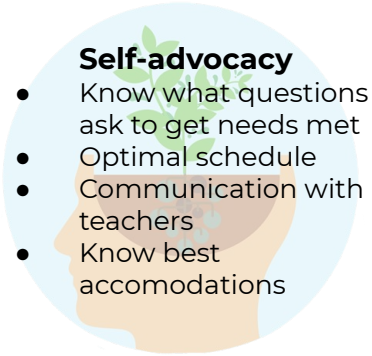
Coaching The Whole Student for Academic and Life Success



Self-advocacy

- Know what questions to ask to get needs met
- Optimal schedule
- Communication with teachers
- Know best accomodations

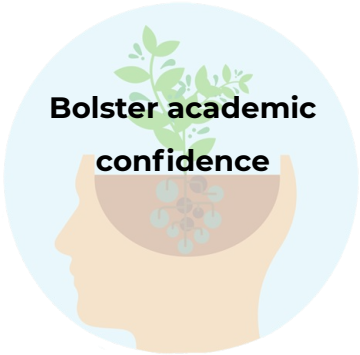
Emotional regulation

Create a plan and actively work toward achieving it

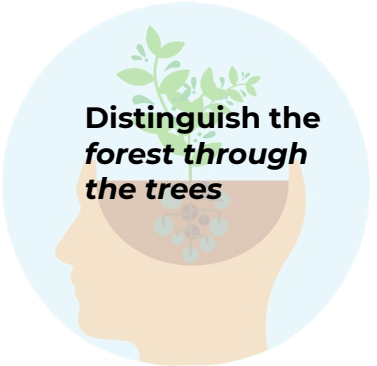
Increase motivation, resilience and grit

Create organizational systems

Overcome procrastination



Bolster academic confidence



Distinguish the *forest through the trees*

Coaching vs. Therapy

Therapy:

May explore past to understand constructs

Trained to work with trauma

Examine mental construct, a deeper dive into emotions

“Why?”

Coaching:

Looks to future

Shifts perspective-large focus on singular goal

See the forest through the trees

Tools and strategies to manage emotions

“How can I move toward my goal?” or “What’s possible? (future oriented)

A great compliment to therapy

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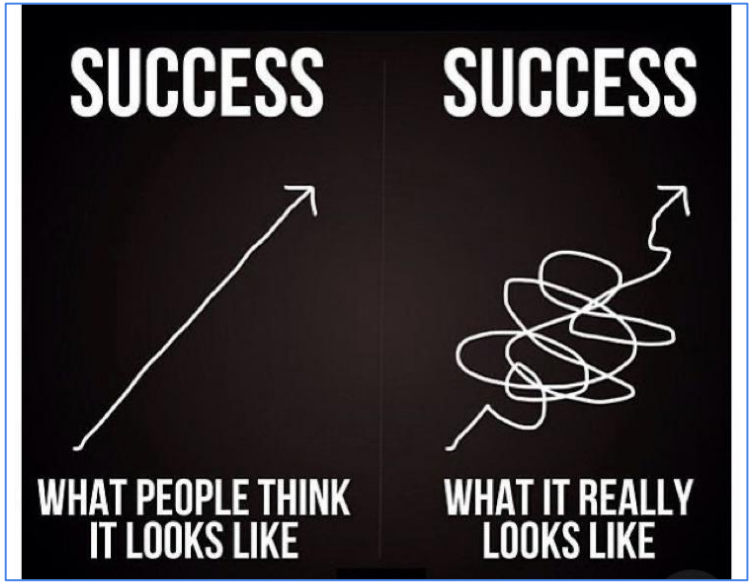
A Session

1. Connection: moving beyond “How are you?” Examples-Roses-thorns-buds, “Describe your mood today as a weather pattern”, “Tell me about your favorite stuffed animal as a child.”

2. Overview of the tactics opens the door for personal development: *personalized* organization system, calendar, assignments, exams, email (screen-sharing),stress management, intentions, habits, self-talk.

3. Student needs: “What feels most important to work on today?”

4. Next time: accountability “assignment.”



Meet Sarah

Sarah: high school junior recently put on a 504 plan for attention/focus issues support by neuropsych test, good grades but comes with a lot of anxiety, stress, exhaustion

Coaching work: anxiety + stress management, time management

In the end: recognizes the thoughts attached to her anxiety, Google calendar as a strategy (white space)

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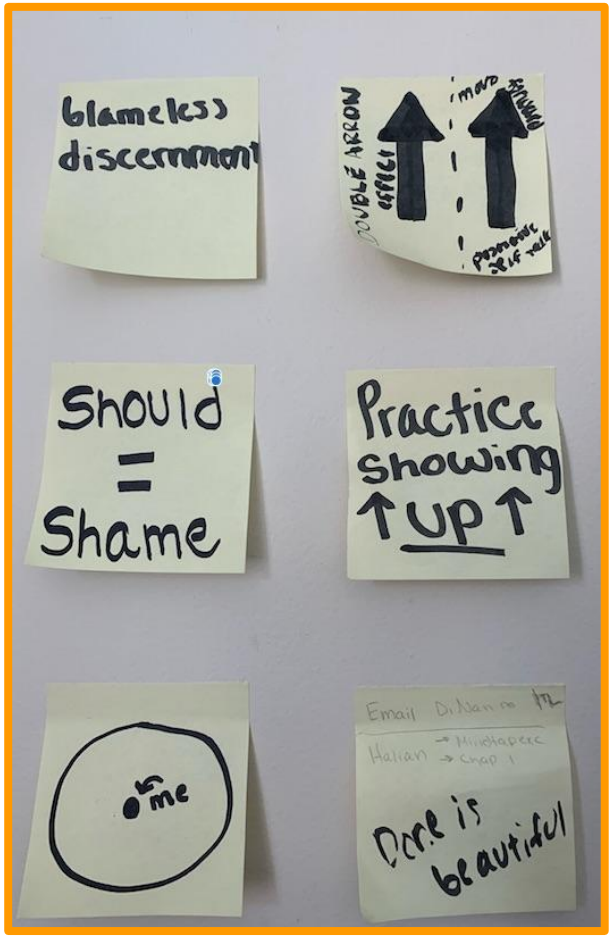
Meet Hudson

Hudson: college junior, stress to graduate on time, first in family to go to college, ADHD

Coaching work: anxiety + stress management, starting work, recognize self-saboteurs, forgiving self

In the end: clear on his school/life balance, strategies to self-start, shows up!



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Meet Kyle

Kyle: college junior, not sure he needed coaching, recruited athlete, possess few ‘college ready’ skills

Coaching work: (since freshman year) doctor visit, transferable skills as recruited athlete, follow through and its relation to stress and anxiety, clear communication with professors

In the end: more honest with himself with what he wants, self-advocacy

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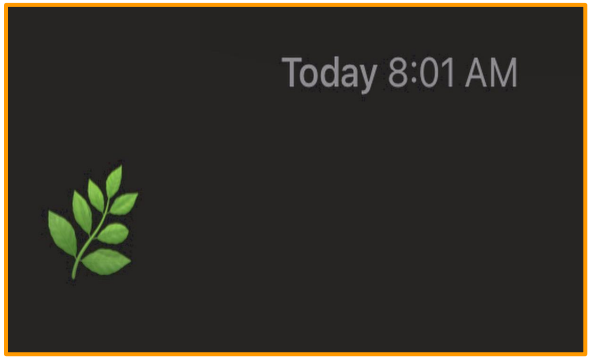
Meet Daisy

Daisy: high school junior studying remotely, very familiar with academic success, yet failing classes, struggles with motivation + confidence, perfectionism

Coaching work: finding her purpose, pausing to ask “is this serving me?” start the day with intention

In the end: morning routine, purposeful, done is beautiful, a sense of her “inner success”



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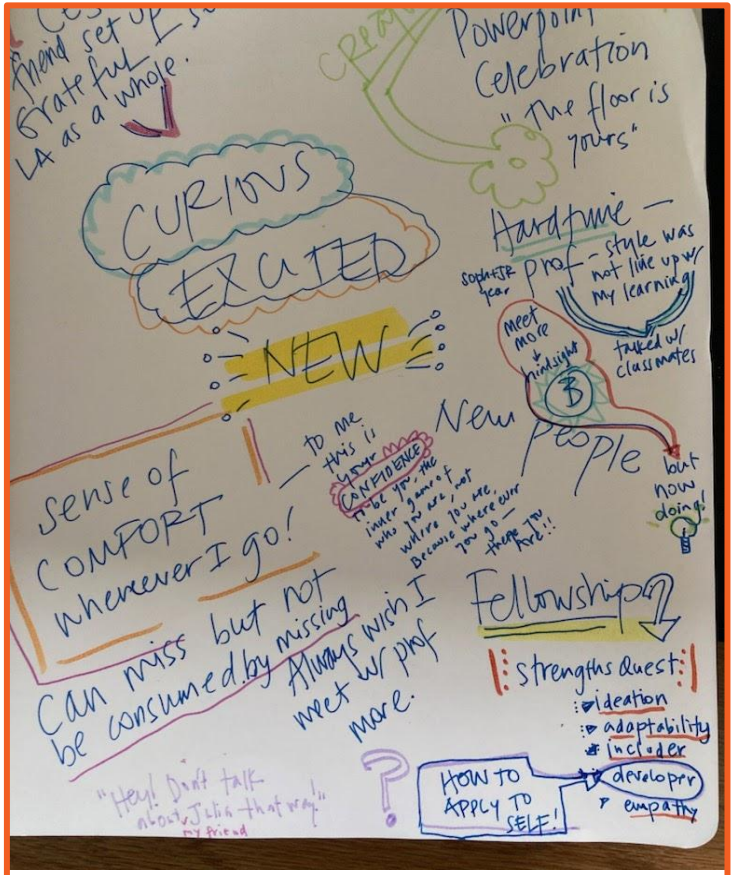
Meet Jenny

Jenny: : college senior, incomplete and lingering coursework **after** last semester of college, feels shame and guilt

Coaching work: instill a sense of urgency, stay in touch with a sense of time, strengths, language of certainty

In the end: bought a calendar that hangs over desk, 'builds' a day



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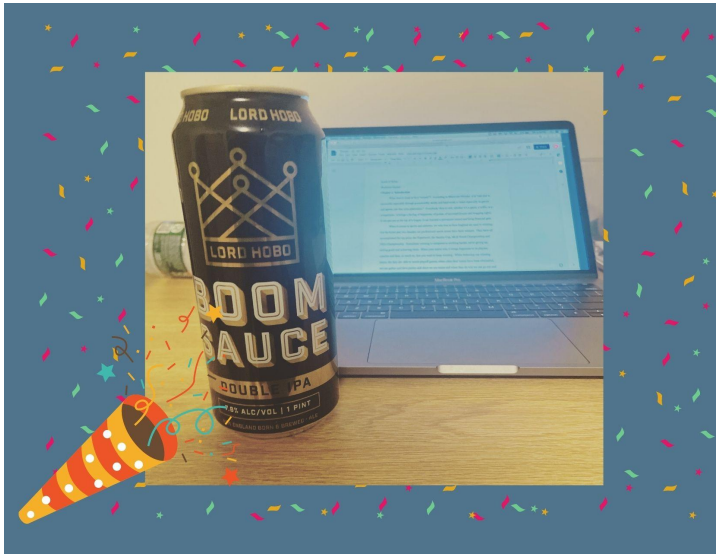
Coaching Success Moments!

- ★ “I know what I need” (Inner Locus of Control)
- ★ More confident to self-advocate
- ★ React less, respond more
- ★ Developed personalized systems for organization
- ★ Skills + Strategies for life!
- ★ Earned higher grades
- ★ Better use of available resources

Hi Kelly, I just wanted to let you know I finished my term with all B+'s. It was the best term I have had at (college name) in terms of GPA.



No worries- student is 21!

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Coaching in College

- Sometimes called “Success Coaches” or “Academic Coaches”
- Open to all students
- Extra fee, student and coach work together to schedule
- Often under the umbrella of “ Student Success” or “Student Accessibilities”

ADHD Data on college campuses

- College students with ADHD earn half grade lower than their peers
- Most common disability on college campuses (6% of students)
- Higher than average risk or dropping off
- **We know coaching helps!** smooth the transition from high school, retention, improve EF, earn higher grades

Happy to answer any questions!