Coaching With Understanding – The Learning Center

Academic Behavior

Attendance in class

Organizational strategies

Note taking

Scheduling study time

Spaced practice

Sticking with the schedule

Taking effective breaks

Resource management

Instructor Hours

AI/TA

Department Help

PLTL

RPM

Academic Mentoring

How often resources are used?

How are the resources used?

What happens while the student

is at the resource?

How are multiple resources managed? Is there independent study time on the schedule?

Cognitive/Metacognitive

Retrieval practice

Elaboration

Background knowledge

Problem solving strategies

Engagement with homework

content

After exam analysis

Goal setting and adjusting

strategies

Social/Emotional

Personal goals and values

Motivation and sense of belonging

Study partners

Social capital

Work/study/life balance