Coach 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 Strategies
- 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

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