



Academic Coaching with Montgomery College's Achieving the Promise Academy

Nik Sushka, Director

TURNING THE PAGE: RAFAEL UBIERA REWRITES HIS STORY

“My mentality has changed a lot. I’m more focused on my goals, and I’m no longer settling for the bare minimum. It’s crazy how far I’ve come.
My transcript tells a story. A good support system has been everything for me.”

Rafael Rebuilds to Success

First Semester
at MC (2020)

Leaves MC
with .054 GPA

Gains first 9-5
work experience

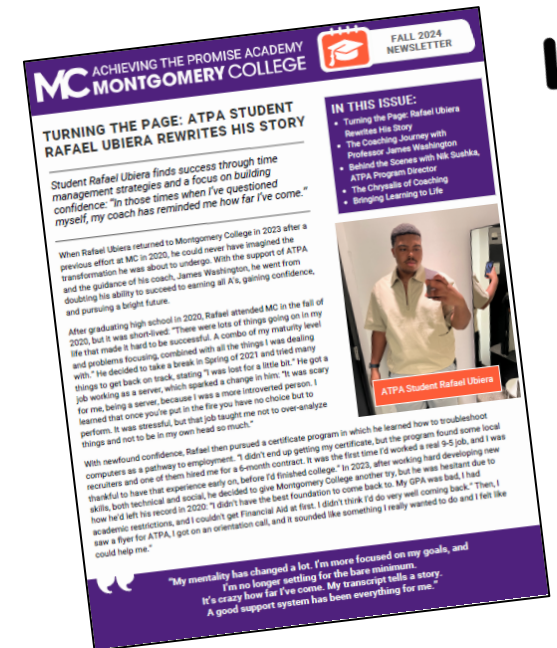
Returns to MC
(2023)

Joins ATPA
(2023)

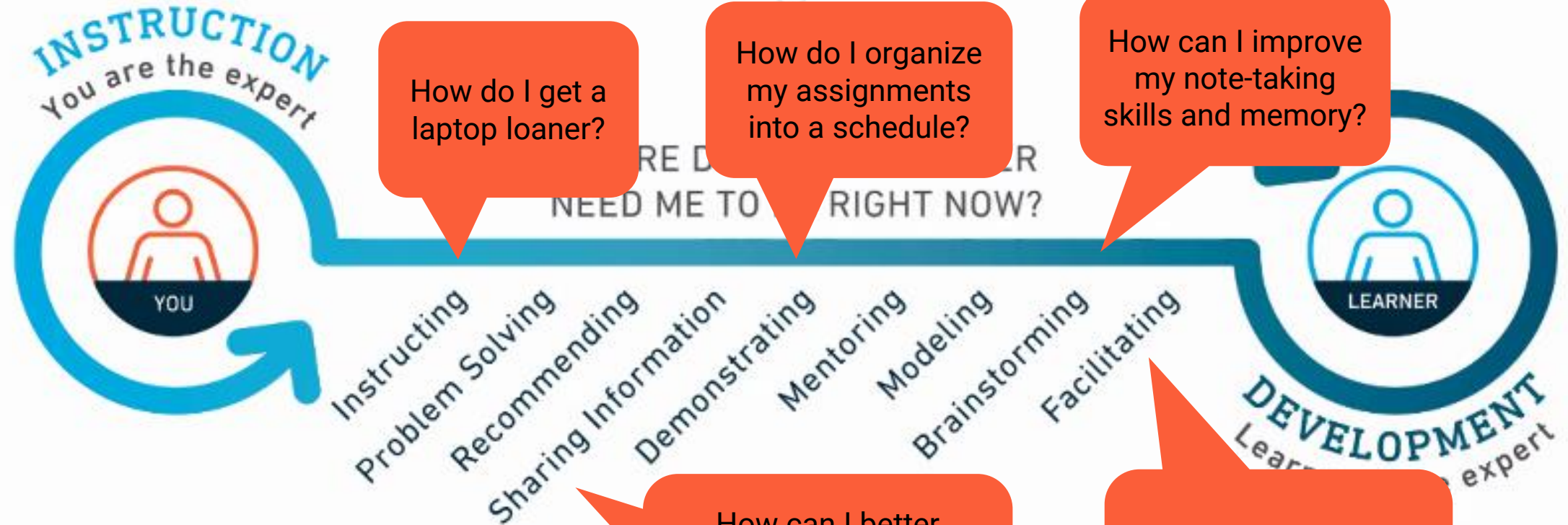
Academic Restriction
Lifted (2024)

Earns 4.0 GPA
(2024)

Read about Rafael’s journey
with Coach James Washington
in ATPA’s Fall 2024 newsletter



COACHING IS A DISTINCT PRACTICE THAT FOSTERS AWARENESS, GROWTH, LEARNING AND ACTION



WHAT IS THE ACHIEVING THE PROMISE ACADEMY?



MC's academic coaching program, created to ensure every student has the assistance, opportunities, and tools they need to succeed in college

Our Core Services

- Personal Academic Coaching for College Success
- Drop-in Coaching
- Academic Resources (e.g. StudentLingo)

New This Year

- ATPA Success Coaching (MC CARES pilot)
 - HVAC, Behavioral Health and ECE majors

HOW DOES A PERSONAL ACADEMIC COACH SUPPORT STUDENTS LEARNING GOALS ACROSS MULTIPLE COURSES?



82%

Course pass rate for
students working with a
personal academic coach

Creating a personalized
academic success plan


Balancing school, work,
home, and other
commitments

Setting goals and
developing better habits
to achieve them

Making the most of MC
by connecting with
students, professors,
and departments


ON DEMAND WORKSHOPS THROUGH STUDENTLINGO

- Online student success workshops supporting personal, academic, and career goals
- Brief (10 - 20 minutes) online, on-demand
- Led by faculty and staff at colleges and universities across the country through the organization Innovative Educators



Discover Your Learning Style Preferences

25-30 mins



Presented by
Dr. Saundra Yancy McGuire

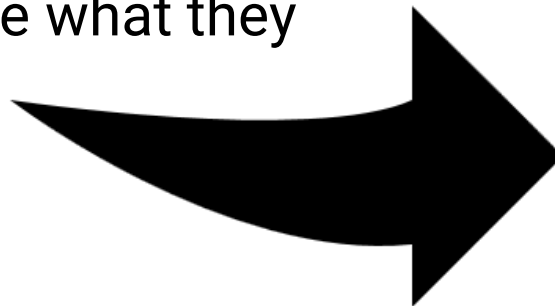
01. WORKSHOP DESCRIPTION
Overview & Objectives

02. INTRODUCTION
Learning Style Preferences
Processing Information

03. VARK
4 Modalities
Your Results

STUDENTLINGO ACTION PLANNING WORKSHEETS

- Most workshops also include an action planning worksheet, a fillable PDF with reflection questions.
- Students are encouraged to review these worksheets with their coaches to help them make a plan to use what they learn from each workshop.



StudentLingo® On-Demand Student Success Workshops

Exam Preparation Tips & Test-Taking Strategies - Action Plan

According to the workshop presenter, it is important to focus on learning the information and not simply memorizing it. Learning means that you understand the information, can apply it, and that you know the information well enough to teach it to others.

Part 1: The Study Cycle.

One of the most successful strategies you can use is called The Study Cycle. Review the five steps of The Study Cycle and do a self-assessment. For each step, briefly describe how often you practice the strategy. When you are done, think about the areas in which you need to improve and jot down what specific things you are going to do in order to improve.

Step 1: Preview information before class.

(Skim chapter, review summaries, note questions you would like answered in class)

Step 2: Go to class or designate specific times each week for your online classes.

Step 3: Review after class.

(Within 24 hours, review notes, fill in gaps, and note any questions)

Step 4: Study.

(Set a goal, study with focus, reward yourself, review, ask questions such as why, how, and what if)

Step 5: Assess your studying.

(Ask yourself: Do I understand the material well enough to teach it to others?)

WORKSHOP TOPICS INCLUDE:

Learning To Learn

- Learning Strategies Every Student Should Know
- Exam Preparation Tips & Test-Taking Strategies
- Preparing For Final Exams
- Study Tips & Note-Taking Strategies
- 10 Habits of Mind for College Success
- Handling Failure In & Out Of The Classroom
- How To Overcome Math Anxiety
- How To Reduce Test Anxiety
- How To Succeed In Math

Online Learning

- 10 Tips For Success In Your Online Course
- Effectively Communicating Online
- Online Courses: Staying Motivated & Disciplined
- Taking Tests Online: Strategies For Success

Personal Management

- Setting & Accomplishing Realistic Goals
- Overcoming Procrastination: Causes & Cures
- Stress Management Techniques
- Time Management: Strategies for Success

ACCESSING STUDENTLINGO WORKSHOPS

- Access workshops through studentlingo.com/montgomerycollege
- Log in with MyMC username and password
- Captioned in English, Spanish, French, Amharic, Korean and Chinese







Browse

Search for content

▼ **StudentLingo Library**

- Academic & Career Exploration (6)
- Learning To Learn (17)
- Online Learning (4)
- Personal Management (14)
- Reading & Writing Strategies (5)
- Success Strategies (4)

> **Additional Workshops**

 <p>10 Habits of Mind for College Success</p> <p>15-20 mins</p> <p>Continue</p>	 <p>10 Tips For Success In Your Online Course</p> <p>10-15 mins</p> <p>Continue</p>	 <p>Academic Integrity: The Do's and Don'ts</p> <p>15-20 mins</p> <p>Start</p>
 <p>Classroom Expectations & Behaviors</p> <p>10-15 mins</p>	 <p>Creating Your College Bucket List: Explore, Experience, Succeed</p> <p>15-20 mins</p>	 <p>Developing A Strong Thesis Statement</p> <p>15-20 mins</p>

INTEGRATING RESOURCES AND COACHING INTO YOUR CLASSES

- An ATPA Coach can facilitate the workshop and/or action planning with your courses.
- Contact atpa@montgomerycollege.edu to request a coach visit your class.
- Students can also use ATPA's Drop-in Coaching service to complete an action planning worksheet with a coach after watching a workshop: www.montgomerycollege.edu/atpa

MORE WAYS TO HELP CONNECT STUDENTS TO ACADEMIC COACHING

1. Promote academic coaching to **all** students
2. Encourage students to [request a personal academic coach](#) or [book a coaching session](#)
3. Invite us to present or do a coaching activity with your class
4. If your discipline is part of the MC CARES pilot, collaborate with your part-time colleagues to connect students to coaching
5. Share ATPA events and services with students on your syllabus:
<https://linktr.ee/atpa>

