



COACHING YOUR COLLEGE STUDENT



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Presentation will be starting at 6:35pm.
Feel free to use Q&A box with any questions!

CLC

FIU

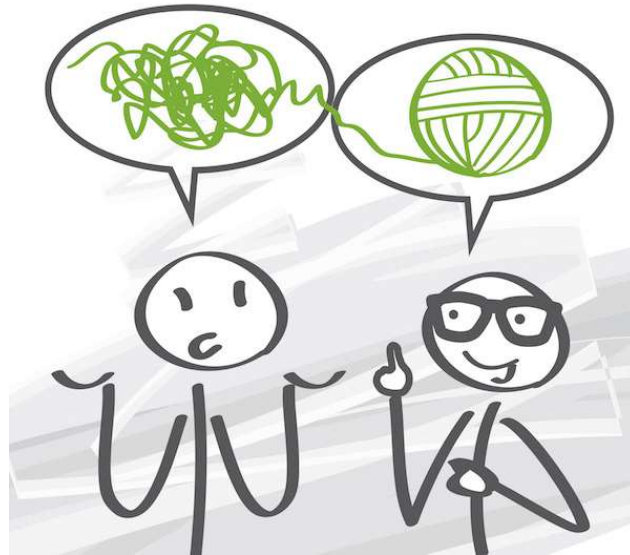
COLLEGE LIFE

COACHING

PROGRAM

COACHING | WORKSHOPS | TRAININGS

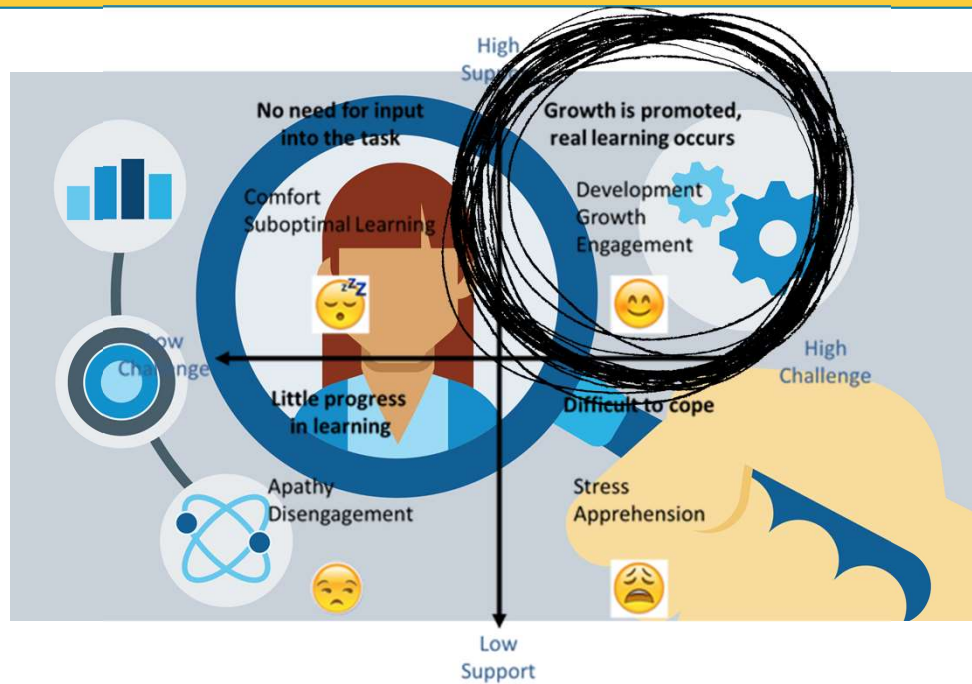
COACHING



COACHING

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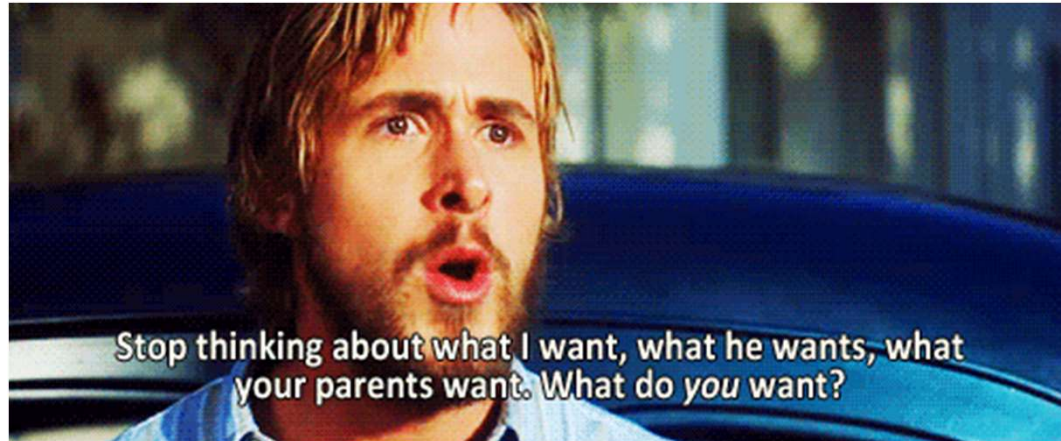
HISTORY



HS → COLLEGE

WHY?

PHILOSOPHY



STEPS TOWARD SUCCESS

1 Know Your Schedule

Analyze your commitments, prioritize your tasks, and plan out your days



2 Connect with Your Professors

Learn about the do's and don'ts to be able to thrive in their course



3 Attend Your Classes

Professors often reinforce the reading material, identify important concepts, and engage with students to help retain information.



4 Study & Use Resources

Consistent studying and utilization of tutoring, writing support, and other resources will help you grasp the material thoroughly!



5 Reach Out for Help

If you find yourself struggling, reach out to someone. Whether it be an advisor, a classmate, program coordinator, or counselor, it is important to ask for help to get the support you need.



PREPARING FOR CLASS

College is different than high school, which means you have to meet college-level expectations to do well in your classes. Review the tips below that can help you be successful.

How to be successful:

- ★ **BE PREPARED AND ORGANIZED**
It is extremely important to read the material before each class so you are familiar with what is being taught.
- ★ **GO TO CLASS!**
It is difficult to catch up with material and be on top of your work when you start missing class.
- ★ **BE ON TIME & GET A GOOD SEAT**
Where you sit can affect how engaged (or distracted) you are in the class. Remember you're there to learn.
- ★ **PAY ATTENTION & PARTICIPATE**
Be an active and willing participant in discussions. The class will be more enjoyable and you will learn more.
- ★ **PUT YOUR PHONE AWAY**
Place your phone on vibrate. Don't text or surf the web during class (unless it's part of the class).



ASK QUESTIONS
Communicate with your professor if there's anything you don't understand.



MAKE FRIENDS
You may need to borrow notes or may want someone to study with.



STUDY OFTEN
Set aside two hours for every hour you're in class per week to study & do assignments.

Although in high school, teachers give short lectures that duplicate reading assignments, covering all content in classes...



Professors in college present extended lectures that supplement assigned readings. It is assumed that students have background knowledge and skills in the course material by having completed reading assignments.

It's up to you to learn the material, utilizing all of your resources to learn and flourish.

MANAGING TIME

When we don't manage our time properly, we tend to fall behind on assignments, start to miss out on things we want to do, and can feel completely overwhelmed.

Sometimes you may feel as if there are not enough hours in the day to accomplish all your tasks. But maybe you just need a little help!

1 ANALYZE YOUR COMMITMENTS

- Identify your fixed commitments - things that you have to do at certain times.

Record the times for each activity, include your class and work times, church and family activities, commuting, etc.

- Identify your flexible commitments.

Record the time you need for studying, homework, sleeping, eating, grooming, doing household chores, etc.

Estimate how much time you dedicate realistically throughout your week.

2 PRIORITIZE YOUR TASKS

Not all tasks are essential. Make a prioritized list. Identify the things you:



Must do
Should do
Have to do

It's important to know what is a priority so that you can schedule those tasks during your prime time.

Schedule highest priority tasks when you do your best work. Morning person or night owl – know who you are.

3 KEEP TRACK OF YOUR PLAN

Whether you use a calendar or to-do list on your phone, in an agenda or in your binder – it's essential that you write everything down to keep track of what you need to do. This includes class times, working hours, assignments deadlines, when you will complete specific assignments, exercise class, lunch dates, etc. Very few college students make it through their programs without some kind of calendaring system, keep trying until you find one that works for you.



Consolidate your planning

Take a half-hour to plan a day or week at a time, specifically looking at which assignments to do when! This way, when you have a chunk of good study time, you don't take up the first 20 minutes deciding what to work on.

The next most important thing is checking your schedule frequently and sticking with it. Your schedule is only as good as it's follow through.



Break it down

Taking the time to do your assignments, complete your projects and prepare for examinations is crucial. When scheduling the time you will be working on these tasks, break it down into smaller manageable parts. This will make it less overwhelming when you are focused on one small task at a time.



Plan for the unexpected

Sure, you just might be able to pull off two papers and a presentation during midterm week. But what happens if you catch the flu the night you're supposed to be pulling the all-nighter? Expect the unexpected so you don't have to spend more unplanned time trying to fix your mistakes.



Build in flexibility

You need to have a flexible mindset and be realistic. Build slack into your schedule to help manage unforeseen obstacles. Life happens. Plan accordingly.



Don't let the little things add up

Don't wait for big chunks of time to get things done. Whether touching base with your advisor, editing a paper, reviewing notes, or reading a few pages of required reading – small things can be accomplished in the spaces between other commitments.



Avoid procrastination and distraction

One way to avoid procrastination is to think about the different places you have been when studying – where were you the most focused? Where were you most distracted? Remember, what works for one person might not necessarily work for you. For some, studying with friends can limit their productivity. But for others, studying in groups can help to increase motivation and avoid procrastination.



Self-Evaluation

Constantly reviewing and reassessing your schedule can help you to recognize whether you need to make any changes in order to help you complete any university tasks and also have time to relax and spend time with friends and family.



Schedule rewards in

Your midterm week is a nightmare, but it will all be over Friday by 2:30. Schedule a fun afternoon and a nice dinner out with some friends, your brain will need it, and you can relax knowing that you're not supposed to be doing anything else.

LEARNING & STUDYING

HOW TO LEARN

Read your textbook

- Why is reading so important? In college, professors are not giving short lectures to duplicate readings as teachers did in high school. Professors are extending lectures to supplement the readings.

- How to get the most out of your readings:

- Pace your reading in 20-30 minute chunks, followed by 5 minute breaks. This will allow your mind to rest in between and return to the reading refreshed.

- Highlight and take notes after you have read. This will give you the opportunity to identify what is truly important, and you are going over the material a second time to ensure that you understand it.



Pay Attention In Class

- Your professor will be adding new information, identifying what they think is important from the material you are learning.

- Sit in the front or center of the classroom to ensure you will be alert and engaged.



Keep Notes

- Throughout your readings and your lectures, write notes to help you not only review the material later on (while you're studying), but to help you learn the material as you selectively identify what you think is most important.

- Whether you write outlines, format Cornell notes, or use graphic organizers – find a way to organize the material to kinesthetically or visually absorb it even more.

Use the Internet

Whether you're looking up Youtube or Khan Academy videos, Googling topics you are unsure about, finding practice problems or communicating with others in the field, the internet is filled with lots of resources that can help you learn.



Ask for Help

Sometimes it is difficult to understand a certain concept in reading the textbook or in a lecture, so ask for help. Ask your professor. Ask a classmate. Ask a tutor. There are so many free resources at FIU in order to help you understand what you are learning, but it is up to you to make use of them.

HOW TO STUDY

Develop a study schedule

- Set aside time every day during your prime time to study. This is the point of your day when your mental and physical capacity is at its peak.

- Schedule out what you will be studying during that time, and stick to your plan. Doing a little every day helps break your studying into manageable chunks.

Create a dedicated workspace

Study in a clean and organized area where you can focus with good lighting and no distractions. Turn off your phone, laptop and television – giving your studies undivided attention.



Rewrite what you know

- Review your notes and fill in details.
- Make lists and create outlines.
- Highlight important details.
- Draw flow diagrams.
- Fill out graphic organizers.

This will help you process and remember the material.



Test Yourself Regularly

- Test yourself and practice recalling the information you are studying.

- A great way to practice recalling information is to attend study group sessions where you teach each other the material.

- You can use flash cards or practice exams to test yourself when you are studying on your own, as well.

Take Care of Yourself

Make sure you eat, sleep and take breaks. It is difficult to be effective when your body is not at its best.



Keep track of your progress and reward yourself

This will help you stay motivated to stick to your plan.

Do not procrastinate

Waiting until the last minute to study is not helpful, especially if it's right before you go to bed because you are less likely to remember the material from when you were 'cramming'.

HANDLING TEST ANXIETY

TIPS TO FOLLOW

Realistically, there may be times you feel anxious about your academic performance. Test anxiety is the most common long-term cause of stress for college students, which usually occurs before or during the taking of tests. The symptoms can be physical and/or mental and usually inhibit your ability to perform as well as you otherwise could.

PREPARE

ORGANIZE

PRACTICE

STUDY 	TALK 	MIMIC 	ESTABLISH 
Avoid cramming, stay organized with a study schedule and prepare for your exam with plenty of time.	Talk to your professor. Make sure you know what will be on the exam and ask any questions if you are unsure of the material.	Try to mimic test taking conditions by either studying in the same area of the test or taking practice exams. This will help to familiarize you with the test conditions.	Establish a consistent pretest routine. Learn about what works for you, and follow the same steps each time you get ready for a test.
LEARN 	USE SUPPORT 	CALM DOWN 	EAT WELL 
Learn to study more effectively with notes, flashcards, study groups and online resources. This will make you feel more relaxed & productive.	Whether it's meeting with a tutor, talking to a professor, or working with classmates - finding someone to help can make all the difference.	Use relaxation techniques like deep breathing, meditation, & closing your eyes to help reduce symptoms of test anxiety.	Watch your diet so you can fuel your brain properly. Avoid sugary or caffeinated drinks that can make you feel jittery or unsettled.
SLEEP 	EXERCISE 	BE ON TIME 	BE CONFIDENT 
Research is clear that not getting enough sleep can impair one's memory and reasoning abilities.	Exercise can release tension, and the less tension you feel as you go into the test, the better off you might be.	Make sure you have plenty of time. You're already nervous. No need to add more worry about being late.	Visualize your success. View the exam as an opportunity to show how much you've studied.

MANAGING STRESS

WHAT IS CAUSING YOU STRESS?

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> - New levels of independence - Extended commute times - Living among strangers - Roommate negotiations & mediation - Unfamiliar environments & climates | <ul style="list-style-type: none"> - Exams - Work schedules - Social obligations - Relationship issues | <ul style="list-style-type: none"> - Heavy course loads - Grade performance - Family turmoil or loss back home - Financial commitments such as tuition, rent, books, and fees |
|---|--|---|

THINK IT'S NO BIG DEAL? LET'S GET REAL.
Without proper management, high levels of stress lead to serious problems. These are some of the effects of stress:

PHYSICAL	EMOTIONAL	BEHAVIORAL	COGNITIVE
<ul style="list-style-type: none"> - Sweating - Increased heart rate - Muscle tension - Headaches - Stomach aches - Fatigue 	<ul style="list-style-type: none"> - Hostility - Helplessness - Unhappiness - Loneliness - Depression - Irritability 	<ul style="list-style-type: none"> - Binge/reduced eating - Erratic sleep habits - Distancing yourself from others 	<ul style="list-style-type: none"> - Memory loss - Loss of concentration - Negative outlook - Anxiety - Racing thoughts

So, don't wait until stress has a negative impact on your health, relationships or quality of life. Start practicing a range of stress management techniques today.

A feeling of control and a healthy balance in your life is a necessary part of managing stress.

TIPS TO HELP YOU COPE WITH AND MANAGE STRESS



GET PLENTY OF SLEEP

Not getting enough sleep impairs academic performance and makes it harder to get through the day.



THINK POSITIVE

Research has shown that positive thinking may improve physical well-being and produce lower levels of distress.



HAVE A STRESS OUTLET

This could be a social activity like going out or participating in group sports, finding a hobby or joining a social club.



ENGAGE IN RELAXATION

Techniques such as slowly counting to ten, meditation, thinking positive thoughts, visualization, getting a massage or playing with a stress ball can help melt away the tension.



TALK TO SOMEONE

Sometimes just talking about what's stressful or having someone listen to your problems can drastically reduce stress, lowering your frustrations and lessening tensions.



EAT WELL

Poor diet can decrease energy levels in the body, leading to a lower threshold for stress. Eating healthy foods will give your body positive fuel to keep you focused and energetic.



EXERCISE

All forms of exercise reduce stress hormones, flood the body with feel-good endorphins, improve mood, boost energy and provide a healthy distraction from your dilemmas. Find physical activities that you enjoy and try to devote about 30 minutes to them each day.



THINK GOOD THOUGHTS

Recognize the role your own thoughts can play in causing you distress. Practice changing unrealistic or negative thoughts to positive and motivational statements that will help you maintain confidence and lead to continued success.



AVOID BOOSTERS/MEDS

Using artificial stimulants, unnecessary medications or even excessive caffeine may help you stay awake for that all-night study session, but it interrupts sleep and makes you more anxious, tense and jittery.



DON'T GIVE UP ON FUN

Your schedule may be filled with lectures and study groups, but try to find at least a couple of hours each week to pursue a hobby or other activity that you enjoy. This promotes the anti-stress physiology of your body. Plan leisure activities to break up your schedule.



TRY NOT TO OVERDO IT

Between classes, extracurricular groups, and maybe even a job, it's easy for students to take on more than they can handle. It's important to learn to say no from time to time in order to give yourself a realistic workload.



MANAGE YOUR TIME

Time can seem like a luxury in college, but there are various ways to manage it effectively. First, focus on one task at a time. Get down everything you need to do in a calendar or a task management app, prioritize your list and break projects into single steps or actions.



BE REALISTIC

Pulling yourself in different directions will only stress you out, so try not to over-commit yourself or do extracurricular activities when you're super busy with school.



REACH OUT

If you're stressed out, talk to your friends and family. If you feel like you can't handle the stress on your own, schedule an appointment with a counselor on campus.

STAYING MOTIVATED



ROADBLOCKS & RESOURCES

	WHAT TO DO:
<p>When feeling overwhelmed, it is very easy to jump to conclusions and act hastily. These are some helpful steps to overcome obstacles in an effective and calm manner:</p> <ul style="list-style-type: none"> - Take a step back. - BREATHE - Remind yourself of your goal. - Assess the situation. - Create a plan. 	
<p>Since stress can cause irrational actions at times, it is also helpful to talk to someone about what's going on. Not only can they help give you an outside perspective, but even the act of talking about your issues can be a helpful way to de-stress.</p>	
	WHO CAN HELP:
	<p>Don't understand your course material? - Talk to your professor. Engage with your classmates. Reach out to a tutor, they are free at FIU! You can find tutors at the Center For Academic Success (CFAS), AAA Tutorial Program, Economic Department Tutoring, Engineering Student Access and Success, or you can always check with the academic department of the class you are taking.</p> <p>Difficulty studying or writing a paper? - Meet with the Center For Academic Success (CFAS) or the Center for Excellence in Writing for help with improving your study and writing skills if you are struggling to focus and retain information.</p> <p>Creating a course schedule? - Your academic advisor can provide advice or guidance when trying to create a balanced schedule.</p> <p>Dealing with a disability? - The Disability Resource Center guides and supports students with disabilities providing consultations and accommodations throughout their academic journey.</p>
	<p>If you need to drop a class, are trying to use the forgiveness policy, are submitting academic forms, are applying for financial aid, or need help with your account....</p> <p style="text-align: center;">CONTACT ONESTOP!</p>

	<p>The Student Success Initiative team at FIU provides workshops and College Life Coaching that can help you in effectively managing your time, refining your organizational skills, and learning stress management techniques.</p> <p>Problems relating? - Student Health Services offers several mind and body practices (including aromatherapy, massage therapy, acupuncture and hatha yoga) that are administered by licensed professionals to help FIU students find complimentary services for their health and wellness needs.</p>
	<p>Eating and Weight Management - The Student Health Center and Wellness & Recreation Center have fitness experts and healthy living consultants to help you get on track.</p> <p>Medical Concerns - The Student Health Services office is always available to answer any health questions you might have. You can walk in or make an appointment to speak with a licensed specialist.</p> <p>Depression/Anxiety - In addition to the student health center, the Counseling and Psychological Services office provides mental health services to help you through these difficult times.</p> <p>Safety - The Victim Empowerment Program's (VEP) mission is to provide free confidential assistance to FIU students, faculty, staff and university visitors who have been victimized through threatened or actual violence and to support the healing process. - You can also reach out to the FIU Police Department for safety support, as well as the Counseling and Psychological Services team for therapy services.</p>
	<p>Housing Issues - Your resident assistant and student housing department will have procedures in place to deal with problems with roommates or living facilities. - If you are or have been homeless or in the foster care system, you may also reach out to Fostering Panther Pride for additional support and resources.</p> <p>Family Issues and Bereavement - Counseling is available through the Counseling and Psychological Services office. - There are also policy forms that can be submitted through Onestop if there is the loss of an immediate family member that affects your coursework.</p>
<p>There will always be issues that come up, but being aware of what is happening and being focused on finding a solution is how people get through obstacles and succeed at the end of the day. Obstacles can't stop you. You have the power and resources to overcome them!</p>	

RESOURCES

Counseling & Psychological Services MMC SHC 270 305-348-2277 BBC WUC 320 305-919-5305	Academic Advisors Per Academic Department
College Life Coaching Program MMC SASC BBC AC1-180 305 305-348-8137	Center for Student Engagement MMC SASC 428 305-348-9951 BBC AC1 180 305-919-5754
Center for Academic Success MMC GL 120 305-348-2441 BBC AC1 160 305-919-5927	Center for Excellence in Writing MMC GL 125 305-348-6634 BBC HL 2 nd Floor 305-919-4036
AAA Tutorial Program MMC GC 267 305-348-6425 BBC WUC 253 305-919-5817	Disability Resource Center MMC GC 190 305-348-3532 BBC WUC 131 305-919-5345
Student Health Center MMC SHC 305-348-2401 BBC WUC 307 305-348-5620	Career & Talent Development MMC SASC 305 305-348-2423 BBC WUC 255 305-919-5770

RESOURCES

ONLINE

Counseling & Psychological Services http://caps.fiu.edu	Academic Advisors http://go.fiu.edu/psn
College Life Coaching Program http://coaching.fiu.edu	Center for Student Engagement http://cse.fiu.edu
Center for Academic Success http://cfas.fiu.edu	Center for Excellence in Writing http://writingcenter.fiu.edu
AAA Tutorial Program AAATUTORING@FIU.EDU	Disability Resource Center http://drc.fiu.edu
Student Health Center HTTP://STUDENTHEALTH.FIU.EDU	Career & Talent Development http://career.fiu.edu
Follow @FIUInstagram for university updates!	

RESOURCES

ONLINE

FIU FLORIDA INTERNATIONAL UNIVERSITY SEARCH

Events Calendar Log In

[Campus Life](#) [Arts & Culture](#) [Academics](#) [Athletics](#) [Recreation & Wellness](#) [Community](#)

Florida International University / [FIU Virtual Events](#)

FIU helps community battle cabin fever with virtual classes, events and tours

As the FIU community and the nation practice social distancing to prevent the spread of COVID-19, FIU is moving many events and services online.

Steer clear of cabin fever – and stay healthy, educated, and on track – by tuning in to these virtual events and activities. Get your workout in, take up new skills like cooking or meditation, visit FIU’s “virtual museums,” and more.

This list will be updated as events and services are added. If you have an event or activity you would like to add, please email morgan.hughes@fiu.edu.

Health, Wellness, and Fitness

At-Home Fitness

[View Academic Calendar](#)

Search the Calendar

SEARCH

Events by Group

All Events	Departments

https://calendar.fiu.edu/department/virtual_events

COACHING



HOW COULD THIS HELP YOU
HELP YOUR STUDENT?

NOW WHAT..

ONESTOP.FIU.EDU

The dashboard features several service tiles:

- Profile**: Includes a profile picture of a Roary Panther.
- My Messages**: Represented by an envelope icon.
- Student Tools**: Includes icons for an upload arrow, a clipboard, a car, and a fork and knife.
- Success Network**: Represented by an icon of three people.
- 1 Holds**: A notification for holds on a student's record.
- Manage Classes**: Represented by a calendar icon.
- Financial Aid**: Represented by an icon of a student with a graduation cap and a document.
- Financial Account**: Represented by an icon of a building with columns.
- Degree Pathway**: Represented by a location pin icon.

Get in contact with people who can help.

ORIENTATION



FIU STRONG

FIUstrong

[Get Help](#) [Give Now](#) [Panthers Respond](#)

For more information visit
fiustrong.fiu.edu

During Difficult Times, Panthers Unite

The FIU community always comes together to lend a helping hand, especially when our students need us. We are committed to doing whatever we can to help them. The university has activated FIUstrong to help them due to the COVID-19 pandemic; private funds raised will fill the gap to meet needs not filled by the Higher Education Emergency Relief fund created by the recently passed federal CARES Act.



Panthers Need Your Help

2,030

Total students who have requested emergency assistance (as of April 22)

50-100

New requests from students submitted each day

\$2,845,000+

Amount needed to fulfill students' current requests (as of April 22)

Q & A

Use this time to ask any questions through the Q&A box, and we will do our best to answer.

