

Student Success Coaching



SAINT LOUIS UNIVERSITY
STUDENT SUCCESS CENTER

What is Student Success Coaching?

Student Success Coaching is:

- + **Personal:** Talk through your unique experiences.
- + **Proactive:** Create a plan to reach your specific goals.
- + **Positive:** Be empowered to overcome challenges.
- + **Holistic:** Feel confident in class & connected to campus.

How can Success Coaching help me?

Do you want to:

- | | |
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| ✓ Refine your study skills ? | ✓ Reduce test anxiety ? |
| ✓ Manage your time better? | ✓ Plan for hybrid learning ? |
| ✓ Combat homesickness ? | ✓ Cope with stress ? |
| ✓ Connect to campus resources ? | ✓ Get involved on campus? |
| ✓ Boost your motivation ? | ✓ Gain accountability ? |

If you answered "YES!" to any of these questions, then Success Coaching can help!

How do I schedule a coaching appointment?

- If you're a first-year student → Schedule in EAB Navigate!
- If you're a sophomore or above → Contact Emily Tuttle at emily.m.tuttle@slu.edu!

Coaching appointments are one hour and are held on Zoom.

Questions?
Ask the Coach!



emily.m.tuttle@slu.edu



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