



Academic Success Coaching

Let's get to work to improve your study strategies. Please tell us a little about yourself.

Date: _____ **Name:** _____ **LID:** 00 _____

Phone: _____ **Lakeland Email:** _____

Will this session be one-on-one or are you bringing friends? One-on-one Group

List the names of your group members: _____

Would you like this to be a weekly, recurring meeting: Yes No

Please check all topics that apply to your concerns:

READY TO LEARN

- Goal setting
- Organization
- Motivation
- Habits of Successful Students
- Brainstorming techniques

STUDY SMART

- Time Management
- Textbook Reading
- Active Study Strategies
- Note Taking
- Academic Writing Tips

TECHNOLOGY

- Computer Basics
- How to Use Blackboard
- Google Drive/Apps
- Microsoft Office
- myLakeland

TEST SUCCESS

- Test Taking Strategies
- How to make a final exam schedule
- Test Anxiety
- How to make Study Guides
- **Math Anxiety Solutions, by appt. only

If you prefer to schedule an appointment, please indicate your availability below:

	Monday	Tuesday	Wednesday	Thursday
9-9:30 a.m.				
9:30-10 a.m.				
10-10:30 a.m.				
10:30-11 a.m.				
11-11:30 a.m.				
11:30 a.m. - Noon				
Noon - 12:30 p.m.				
12:30-1 p.m.				
1-1:30 p.m.				
1:30-2 p.m.				
2-2:30 p.m.				
2:30-3 p.m.				
3-3:30 p.m.				
3:30-4 p.m.				

Coach: _____ **Day/Time:** _____ **Student Contacted:** _____

Academic Success Coaching is personalized support for students who want additional help learning and applying study strategies. Coaching is free and by walk-in or appointment. We will work around your schedule to make it convenient for you! To sign up for a session and by print, complete this registration form, and bring it to Lakeland's Learning Center, located in Room A-1044. Please call 440.525.7019 if you have any questions.