

## FREE ACADEMIC COACHING

### Why try CLASS academic coaching?

To help you learn to spend your study time wisely. Studies show many students rely on weak study strategies like re-reading or reviewing a math problem someone else has solved. Coaching introduces you to effective strategies based on research.

### What is coaching?

Academic coaching is part of a research project to help CLASS learn how to help students study effectively. Students will be randomly assigned *either* to eight hours of synchronous coaching on Blackboard Collaborate Ultra *OR* to online resources in Blackboard.

### How does coaching work?

Students enrolled in the four-week, synchronous coaching program attend four one-to-one sessions with a trained peer coach *and* four small-group supported study sessions. Your coach helps you develop a personalized plan to meet your course goals. Supported study gives you practice in applying new study strategies to your own coursework. Students enrolled in online resources receive access to a Blackboard organization they can use independently and at their own pace.

### What do I learn with coaching?

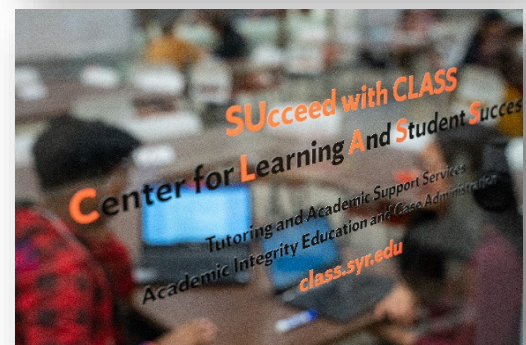
- *Increased efficiency in reading, understanding & retention of material from complex texts.*
- *Improved math and science reasoning skills*

### Who can participate?

First- and second-year students enrolled full time

### How do I request coaching?

Complete the coaching consent form located on our website: [class.syr.edu](http://class.syr.edu)



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become expert  
independent learners

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