Coaching Model Overview
OVERVIEW: The Why, How, and What of the InsideTrack Coaching Methodology
WHY: Our methodology focuses on understanding and developing students’ abilities and mindset

Coaching supports development of specific knowledge, skills, attitudes and beliefs for success in college and beyond

**KNOWLEDGE, SKILLS, ATTITUDES AND BELIEFS**

**KNOWLEDGE**
- Paying for College
- Support Resources
- Short & Long-term Goals
- Steps to Achieve Goals

**SKILLS**
- Academic Fundamentals
- Collaboration
- Communication
- Problem Solving
- Self-regulation
- Stress Management
- Time Management

**ATTITUDES**
- Struggle = Opportunity
- Openness to Support
- Grit: Perseverance
- Improving Self
- Greater Purpose
- Ownership

**STUDENT BELIEFS**
- I Belong Here
- I Can Learn and Improve
- My Efforts Pay Off
- "People Like Me" Can Achieve This Goal
- College is Worthwhile
HOW: The elements of our coaching model reflect the skills we use to develop student KSABs
WHAT: Coaches use Focus Areas to assess students strengths, opportunities and red flags