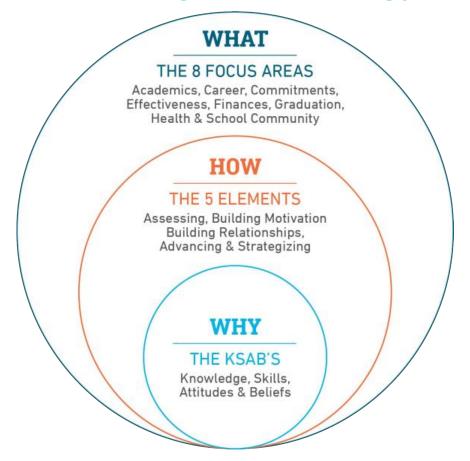
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### Coaching Model Overview

# 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



I BELONG HERE MY EFFORTS PAY OFF

I CAN LEARN AND IMPROVE "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



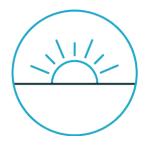




**ASSESSING** 



**ADVANCING** 



BUILDING MOTIVATION



**STRATEGIZING** 

## WHAT: Coaches use Focus Areas to assess students strengths, opportunities and red flags

