Frequently Asked Questions
(Academic Success Coaching)

How much does success coaching cost?
As a UMSL student, success coaching is available to you at no cost! This service is provided FREE to all enrolled students.

Why should I meet with a Coach?
Meeting with a success coach provides the opportunity for a comfortable, low-maintenance relationship with only one requirement: your desire to be successful! Success Coaching is a completely voluntary experience that can only strengthen your success potential. Through this relationship, conversations focus on your personal experience at UMSL. Our goal is to help you achieve your goals!

How long will my relationship with the Coach last?
Your relationship with SRS and your Success Coach is based on your preferences! We have both short- and long-term options that provide flexibility based on your needs.

How much time will I have to commit to participate in success coaching?
The initial session typically takes about 45 minutes to an hour. Follow up sessions are scheduled periodically for the duration of the relationship. Follow up sessions are typically 20 – 25 minutes.
When should I meet with a Coach?
The basic Success Coach meeting structure is broken up into three meetings:

- First week of the semester to review your course load and devise strategies to attack your work.
- Mid-semester, as you’ve settled into your courses and are aware of long-term assignments and have received feedback on assignments you’ve submitted.
- End of the semester to review your goals, sharpen your focus, and set goals for the next term.

Outside of the structured meetings, you should also meet with a Success Coach anytime you:

- Feel as though you’re “not doing well” in a course
- Feel as though you’re no longer interested in your major and may be considering a change
- Feel overwhelmed by your academics and life balance
- Want to further discuss academic options for your long-term goals
- Want to sharpen your learning and life management skills, including:
  - De-stressing Activities
  - Effective Communication
  - Effective Study Skills
  - Motivation Techniques
  - Note-Taking
  - Planning & Goal Setting
  - Test-Taking Strategies
  - Time Management
  - Winning the Procrastination Battle
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How is success coaching different from therapy or counseling?

- Success coaching focuses on people who are:
  - Eager to move to a higher level of functioning
  - Seeking focus, strategy, and motivation
  - Asking “how?” to questions
  - Learning new skills
  - Seeking more balance in their lives

- Therapy and counseling are for people who are:
  - Seeking self-understanding
  - Asking “Why?” questions
  - Dealing with past issues, emotional pain or traumas
  - Facing psychological challenges

I’m not sure if success coaching is right for me. How can I find out more information?
Visit us in SRS today! We’re located in 225 MSC.
MORE QUESTIONS?

Contact us!

STUDENT RETENTION SERVICES

225 MSC

314-516-5300

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