

ACADEMIC LIFE COACHING

A NEW SERVICE OFFERED TO YOU BY THE COLLEGE ADVISING CENTER



Columbia
COLLEGE CHICAGO

LAUREN TARG,
ASSISTANT DIRECTOR AND ACADEMIC LIFE COACH
COLLEGE ADVISING CENTER
LTARG@COLUM.EDU
623 SOUTH WABASH/SUITE 300
312-369-7645
COLUM.EDU/COACHING

Academic Life Coaching is a program for students who are committed to their personal growth. The program's aim is to support students and to ensure they get the most out of their college experience. Students collaborate with their Academic Life Coach to establish and fulfill their academic, social, professional and personal goals.



WHAT YOU CAN EXPECT FROM YOUR COACH:

- Motivate, guide, and advise you. Coaching is not about providing solutions, but rather working with you to come up with your own
- Support you with developing clear communication skills, time management, study skills, utilizing campus resources and beyond
- Challenge you to reach new levels of achievement
- Hold you accountable for following through with your goals
- Always be direct and honest
- Ignite your potential



WHAT YOUR COACH WILL EXPECT FROM YOU:

- Be open to discussing challenges and sharing successes that occur in and out of school
- Be a strong communicator regarding needs and goals
- Learn the importance of personal growth through feedback
- Be open to change and taking risks
- Maintain scheduled meeting times
- Always be honest

You and your coach will create a semester-long check-in schedule utilizing in-person sessions, e-mail and phone conversations that work with your personal plan.

For more information please visit colum.edu/coaching