

A large, diverse group of students is posed on a set of outdoor concrete stairs. They are all smiling and looking towards the camera. The students are dressed in casual attire, including jackets, sweaters, and t-shirts. The background is slightly blurred, focusing attention on the group.

# ACADEMIC COACHING

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## Academic Coaching

*Do you seek learning strategies that are customized just for you?*

### Academic Success Center

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The Academic Coaches in the Academic Success Center at Sam Houston State University create an environment of collaborative and collective learning to help you navigate your studies. We serve as guides to explore and empower your academic goals, strengths, solutions. Our coaches provide one-on-one assistance to help you develop an academic success plan specific to your needs. Examples include: identifying your barriers to academic success, self-advocacy techniques or creating a study guide.

Discover which coach is right for you, by viewing the **Recovery Coaching** (i.e. students on probation and suspension at SHSU) or **Learning Coaching** (i.e. non-recovery students) tabs below!

[Jumpstart Success Coaching](#)[Learning Coaching](#)[Recovery Coaching](#)

### ***Do you need help getting back on track?***

At SHSU, we understand that achieving academic success and returning to good academic standing can be challenging, but our personalized academic recovery coaching service is here to help you every step of the way. Our experienced coaches will work with you to create a tailored plan that includes accountability, time management, organization, self-advocacy building, self-care and more!

Recovery coaching is about empowering you to take control of your academic journey. Our coaches will help you identify your academic goals, work through challenges, and utilize the resources available to you. By partnering with a coach, you'll gain the skills and confidence needed to achieve success both in and out of the classroom.

#### *Probation*

Students on first-time academic probation, take UNIV 2001, a monitored, self-guided, online course designed to help you regain good academic standing. Through the course, you'll learn academic recovery strategies and methods related to university policies, academic and campus resources, communication techniques, wellness, and goal setting.

#### *Suspension*

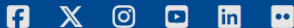
Students on first-time academic suspension, participate in UNIV 3001, a program designed to guide you back to good academic standing. In the program, you'll work with an academic recovery coach to co-

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construct an academic recovery plan, form connections with course instructors to assist in reaching goals, and identify and utilize campus resources to improve your GPA.

At SHSU, we're committed to helping you succeed. Book a recovery [appointment](#) with our coaches today and start your journey towards academic excellence! Instructions for scheduling below:

- **Academic Support**
- **2001 or 3001**
- **Pick a Date** and click **Find Available Time**
- Choose the date and time of your choice and click next
- **In-Person** or **Virtual**
- Click Schedule



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