

Coaching Topics

Academic:

- Test Preparation
- Managing Test Anxiety
- Post-Exam Analysis
- Reading Strategies
- Note-Taking Strategies
- Memory Strategies
- How to Talk to a Professor
- Writing and Editing
- MLA/APA Formatting

Career:

- Resume and Cover Letter Enhancement
- Job Interview Preparation
- Informational Interview Preparation
- Job Search Strategies
- Creating a Professional Online Presence

Life:

- Managing Time & Commitments
- Dealing with Procrastination
- SMART Goal Setting
- Financial Planning
- Writing essays/completing applications for scholarships & grants
- Health & Stress Management
- Getting Involved on Campus

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