

SUCCESS COACHING



What is success coaching?

Success coaching at Millersville University is a service available to **ALL** students. We believe every student can benefit from having **individualized attention to support their academic goals.**

Success coaching is a **personalized, one-on-one partnership with a trained professional** who can help you improve your life skills and performance. Working with one of our success coaches, you will examine your learning style and habits of working, and identify current difficulties or barriers to your success. You and the coach will work to create and put in place more effective strategies.

What is it like to meet with a success coach?

Your first meeting with a success coach will last approximately an hour. After that, the length and frequency that the two of you meet depends on you and your goals. We suggest meeting with a coach

- at the beginning of the semester to review your course load and devise strategies accordingly;
- mid-semester after you've settled into your classes and are aware