STUDENT SUCCESS COACHING SYLLABUS

For Bachelor of Science in Health Sciences students

MISSION STATEMENT
Grounded in student development and in collaboration with faculty, staff, and community partners, student success coaches provide individualized support and broad student advocacy to help Bachelor of Science in Health Sciences (BSHS) students navigate the college experience both inside and outside the classroom.

By developing strong personal relationships, coaches mentor students through academic, career, and personal growth and empower students to personally define success and to set and achieve goals. Student success coaches encourage students to discover their values, passions, and strengths and to foster a deeper understanding of self, while pursuing timely graduation.

GUIDING PRINCIPLES/VALUES
Student success coaches:
  • Embrace student-driven approach
  • Encourage appreciation of diversity
  • Promote engagement
  • Support and encourage being proactive
  • Strive for meaningful, authentic relationships

APPOINTMENTS
Student success coaches are available to meet with students for academic, career, and life coaching. Students are required to meet with their coach for the following meetings:
  • Meet and greet coaches (early first semester)
  • Registration meetings (every semester)
  • Capstone planning meetings (during third year)
  • Academic probation (if applicable, defined meeting times per academic contract)

In addition to required meetings, students are encouraged to request a meeting with their coach any time through the school year.

SCHEDULING APPOINTMENTS
Students may schedule an appointment with their assigned coach online by visiting http://r.umn.edu/academics-research/student-success-coaches. All students must schedule and will be able to manage appointments online. In order to best serve the student, a discussion topic should be indicated in the “description” of the appointment slot. In case of emergency, students should come directly to the Student Resource Center and ask to speak with their coach.

HOW STUDENTS ARE COACHED

Academic Coaching
  • Help students develop an educational plan that could align with more than one health science pathway
  • Check in with faculty to gain an overview of student progress
  • Challenge and support students to meet their academic goals
  • Help students navigate through academic policies and program and system-wide graduation requirements

Career Coaching
  • Encourage engagement and reflection of multiple career options within health sciences
  • Help prepare students for their next steps after graduation
  • Challenge and support students to create multiple career paths

Life Coaching
  • Support students through different transitions of their college career
  • Support students through personal impacts that can happen during a college education and direct students to the appropriate resources
LEARNING WITH STUDENT SUCCESS COACHES
As coaches work with students throughout their time at UMR, learning and student development outcomes (SDO’s) are the core. The SDO’s listed below are part of how students are coached throughout their four years so they better understand how they will grow and develop and be able to articulate their knowledge and skills to others (prospective employers, graduate/professional school) in their experiences beyond college.

- **Responsibility and Accountability**
  - Take in information to make decisions and accept the impacts to their decisions
- **Independence and Interdependence**
  - Learn to balance working independently and asking for help when needed
- **Goal Orientation**
  - Able to develop plans and motivate self to reach goals
- **Self Awareness**
  - Identify and assess personal strengths and talents and recognize shortcomings
- **Resilience**
  - Able to recover and persevere through disappointments
- **Appreciation of Difference**
  - Can work outside “comfort zone” and learn to work with others different from themselves
- **Tolerance of Ambiguity**
  - Able to understand and navigate through uncertainty

### EXPECTATIONS

#### Student Success Coaches
- Understand and communicate the BSHS curriculum
- Listen to and respect students
- Assist students in creating an educational plan that meets their academic and career goals
- Talk with students about their academic progress in courses and identify strategies for improvement
- Be available to answer questions and/or meet with students
- Refer students to resources

#### Students
- Check their U of M email and respond in a timely manner
- Respect that their coach does not have all the answers
- Be open and willing to consider other perspectives
- Review their APAS report
- Reflect on their academic and career goals and be open to discuss them
- Reach out to their coach
- Commit to meeting with their coach at least once per semester

All student success coach offices are located in the Student Resource Center on the third floor of University Square next to the Information Commons.