STUDENT SUCCESS FOR LIFE: An Integration of Life Coaching and Academic Advising

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Objectives:

• Present the case for integrating coaching practices into advising.
• *Identify essential ICF Life Coaching skills you can apply to academic advising.*
• Explore *real* life skills students need to thrive.
• *Provide coaching exercises to help students with self-discovery.*
Changing Students?

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Changing Students?

Note Increases in Depression and Anxiety
Changing Students?
“Emotions are data, not directions.” – Susan David, author of Emotional Agility

Changing Students?
Center for Digital Wellness
Liberty University
# THRIVE IN REAL LIFE SKILLS

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<th>RQ</th>
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<td>• Read Body Language</td>
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<td>• Effective Listening</td>
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<td>• Empathy</td>
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<td>• Emotional Awareness</td>
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<th>Relationship Management</th>
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<td>• Maintain face-to-face conversation</td>
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<td>• Handle Conflict</td>
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<td>• (LQ) Likability Quotient</td>
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<th>Self-Management</th>
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<tr>
<td>• Emotional Management</td>
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<td>• Self-Regulation</td>
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<td>• Life Balance (Stress)</td>
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**Resource:** Coach Training Manual

**Time:** 6 sessions, Once a week, 1-hour

**Results?** Confident advisors; grateful students
“Academic coaching is an interactive process that focuses on the personal relationship created between the student and the coach. The coach challenges the student to think about his or her personal and/or professional goals in order to relate them to his or her academic/educational goals. In this learning process, it is important for the coach to encourage the student to become more self-aware by understanding his or her strengths, values, interests, purpose, and passion.”

National Academic Advising NACADA
Establishing Trust with the student.

1. Presence
2. Friendly, Open Posture
3. Their Agenda, Not Yours
ICF LIFE COACHING SKILLS FOR ADVISING

✓ Listening with Curiosity

1. Curious Listening
2. Reflect back what you hear
3. Listen to understand
ICF LIFE COACHING SKILLS FOR ADVISING

✓ Trusting the Student’s Resourcefulness

1. Convey Belief
✓ Emotional Clearing

1. Time to Vent
2. Emotional Processing = Thought Access
ICF LIFE COACHING SKILLS FOR ADVISING

✓ Planning and Goal Setting

Goal Setting Exercise

SMART Goals

• Specific
• Measurable
• Achievable
• Relevant
• Time-Oriented
• **Specific** – Who is involved? What do you want to accomplish? Where will it be done? Why are you doing this? Which constraints do you have?

• **Measurable** – Can you track the progress and measure the outcome? How will you know when the goal is accomplished?

• **Achievable** – Is the goal reasonable enough to be accomplished? Make sure the goal is not out of reach or below standard performance.
• **Relevant** – Is the goal worthwhile, will it meet your needs? Is each goal consistent with the other goals you have established and fits with your immediate and long-term plans?

• **Time-Oriented** – Include a time limit – I will complete this step by month/day/year. This will establish a sense of urgency and prompt you to have better time management.
ICF LIFE COACHING SKILLS FOR ADVISING

✓ **Powerful Questioning**
1. First, tap into your natural curiosity.
2. Ask open-ended questions that start with “what” “how” or “what if”.
4. Just ask one question then stop talking.
5. Listen empathetically to your student’s answer.
6. Repeat steps 1-5.
SAMPLE POWERFUL QUESTIONS

1. What is holding you back?
2. What is it costing you to continue holding back?
3. How do you want to change the way you think about that?
4. What is the most meaningful action you could take right now?
5. What new skill or support system do you need to succeed at that?
6. What story do you most often hear yourself telling?
7. What excuses will you use to not do that?
8. What do you need to do first?
9. When will you start?
10. What am I not asking you that you really want me to ask?
What Kind of Mindset Do You Have?

**Growth Mindset**
- I can learn anything I want to.
- When I’m frustrated, I persevere.
- I want to challenge myself.
- When I fail, I learn.
- Tell me I try hard.
- If you succeed, I’m inspired.
- My effort and attitude determine everything.

**Fixed Mindset**
- I’m either good at it, or I’m not.
- When I’m frustrated, I give up.
- I don’t like to be challenged.
- When I fail, I’m no good.
- Tell me I’m smart.
- If you succeed, I feel threatened.
- My abilities determine everything.
THE WHEEL OF LIFE EXERCISE

- Emotional Life
- Spiritual Life
- Friend/Relational Life
- Academic Life
- Family Life
- Fun/Play Life
- Physical Life
GROWING GRIT

Grit - Perseverance and passion for a long-term goal. A student’s ability to have courage and to manage their fear of failure is a large predictor of success.
RAISING EMPATHY

• Important for navigating life
• Listen for other person's fears and feelings
• Learn by experience
• Model for others
LEARN – BE – DO EXERCISE

LEARN

BE

DO
INNER-CRITIC EXERCISE
FUTURE-SELF EXERCISE
STRESS MANAGEMENT EXERCISE

RED ZONE

YELLOW ZONE

GREEN ZONE

BLUE ZONE
RESOURCES


• ICF Website - CoachFederation.org

• Center for Digital Wellness Liberty University – DigitalWellness@Liberty.edu

Dr. Sylvia Frejd - sjfrejd@liberty.edu
Dr. Brian Yates - bcyates@liberty.edu

Contact Information