### Have a great college experience
Get to know your campus and all that it has to offer. Build relationships with students and professors. Find your place at school.

**Topics covered:**
- Transitioning to college
- Clubs, activities and sports
- Navigating your campus

### Plan your college and career path
Figure out what makes you tick and where you want to go. Do well in school. Connect your academic plan to long-term goals. Have great internship and work experiences.

**Topics covered:**
- Long-term planning
  - Determine where you want to go in college and beyond
  - Assess your goals and life values
- Four-year roadmap
  - Set a GPA goal
  - Strengthen study skills
  - Choose a major
  - Set summer goals
  - Get an internship
- Career goals and skills
  - Develop leadership abilities
  - Learn networking skills

### Accomplish what matters most
Juggle your busy life with ease. Focus on what is most important. Make great decisions. Be on top of your finances. Communicate with clarity.

**Topics covered:**
- Time management skills
  - Set SMART goals
  - Manage time and priorities
  - Develop weekly action plans
- Decision making
  - Systematically evaluate options
  - Imagine different futures
- Financial literacy
  - Manage cash flow and budget
  - Manage credit effectively
  - Understand financial aid package and options

### Be healthy, be happy
Give yourself what you need to feel great. De-stress your life. Eat, sleep and exercise right. Be supported socially and emotionally.

**Topics covered:**
- Health and physical fitness
- Personal support network
- Stress management
| **Who is my Sycamore Success Coach?** | Sycamore Success Coaches have dedicated their careers to helping students get the most out of their college experience. Coaches are passionate about education and helping others succeed, and have demonstrated the ability to motivate students to reach their goals. All Coaches have earned a Bachelor’s degree or higher. |
| **What is Success Coaching?** | The Sycamore Success Coaching program is designed for students like you. You will receive one-on-one attention from a Coach who is committed to your personal development and success. Your Success Coach will work with you to achieve the fullest college experience possible: improving effectiveness in and out of the classroom, building leadership skills, creating balance and managing stress, boosting self-confidence, and developing goals for the future. |
| **Where do meetings take place?** | In your scheduled sessions, your Coach will help you figure out what you want to do, and then work with you to determine exactly how to get it done. |
| **Who can benefit from Sycamore Success Coaching?** | Sycamore Success Coaching happens over the phone. You will schedule regular meeting times with your Success Coach and can reach out as needed between meetings for advice or suggestions by phone, email, Facebook or text. |
| **Why should I take advantage of Sycamore Success Coaching?** | Success Coaching can benefit all types of students. Top athletes, business leaders, performers and other highly effective people use coaching to take themselves to the next level of success. These individuals are incredibly talented and driven, and yet understand that working with a coach can help them become even better at what they do. |
| **How do I learn more?** | Look back at some experiences in your own life. Were there times that you could have accomplished more, or when you would have liked for things to have been a bit easier? Even if you are on top of your game, having an expert who is focused on you can be incredibly beneficial. |
| **How do I learn more?** | Imagine yourself at graduation, looking back at your college experience. What would you have wanted your time at ISU to be like? College happens once in a lifetime. You’re investing a lot in it, and you want to get the most out of it. A Success Coach can help you do that. |
| **How do I learn more?** | Studies show that college students who work with Success Coaches tend to enjoy college more, earn higher grades and complete more classes. As a result, Coached students are more likely to graduate on time and are better positioned to advance their career opportunities or continue to graduate school. |
| **How do I learn more?** | Call our Coaching Program Director with questions: 812.514.7269 |