Experience all that Indiana State University has to offer with Sycamore Success Coaching.

Freshman Meeting Menu

Your Coach will customize your coaching plan to ensure you 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.

☐ A positive, unbiased perspective
  • Bounce ideas around with someone who knows you and wants you to succeed
  • Share and address whatever is on your mind
  • Figure out what you need to do your best
  • Make great decisions

☐ Plan your college path
  • Determine where you want to go in college and beyond
  • Work with your Academic Advisor to choose the right major
  • Develop a four-year roadmap

☐ Accomplish what matters most
  • Manage your time well
  • Set SMART goals
  • Develop weekly and monthly action plans

☐ Get a head start on career planning
  • Identify career paths to explore
  • Identify the right internships and make a plan to get them
  • Learn how to network effectively
  • Set goals for your first summer

☐ Be healthy, be happy
  • Balance priorities and de-stress your life
  • Eat, sleep and exercise right
  • Get support when you need it

☐ Excel on your academic path
  • Meet and exceed your GPA goal
  • Identify academic options that match your interests
  • Connect school to your career goals

☐ Build your leadership abilities
  • Build a strong campus network
  • Develop your leadership style

Questions? Contact Coaching Program Director at 812.514.7269

Experience all that Indiana State University has to offer with Sycamore Success Coaching.

Freshman Meeting Menu

Your Coach will customize your coaching plan to ensure you 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.

☐ A positive, unbiased perspective
  • Bounce ideas around with someone who knows you and wants you to succeed
  • Share and address whatever is on your mind
  • Figure out what you need to do your best
  • Make great decisions

☐ Plan your college path
  • Determine where you want to go in college and beyond
  • Work with your Academic Advisor to choose the right major
  • Develop a four-year roadmap

☐ Accomplish what matters most
  • Manage your time well
  • Set SMART goals
  • Develop weekly and monthly action plans

☐ Get a head start on career planning
  • Identify career paths to explore
  • Identify the right internships and make a plan to get them
  • Learn how to network effectively
  • Set goals for your first summer

☐ Be healthy, be happy
  • Balance priorities and de-stress your life
  • Eat, sleep and exercise right
  • Get support when you need it

☐ Excel on your academic path
  • Meet and exceed your GPA goal
  • Identify academic options that match your interests
  • Connect school to your career goals

☐ Build your leadership abilities
  • Build a strong campus network
  • Develop your leadership style

Questions? Contact Coaching Program Director at 812.514.7269