



Division of Student Affairs Academic Coaching Program

For more information about the Academic Coaching program, please contact Student Access Services at SAS@hofstra.edu or 516-463-7075.



Academic Coaching Program



Student Access Services




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About the Program

Hofstra students who are registered with Student Access Services (SAS) can enroll in Academic Coaching, a new, optional, fee-based program designed to assist participants in developing their academic and study skills. This program is for students who may need additional support inside and outside the classroom through regular one-on-one meetings with a qualified learning specialist on staff in the SAS office.

Topics addressed in the program include:

- Social adjustment to the college environment and its demands
- Time management
- Problem solving
- Coping and stress management
- Text reading and analysis strategies
- Test preparation and test-taking strategies
- Note-taking/proactive classroom strategies
- Executive function/planning strategies
- Learning style awareness and appropriate study methods



How It Works

Students enrolled in the Academic Coaching program and their learning specialist will develop a set of mutually agreed upon goals for the term and will work toward meeting those specified goals. A summary of progress, the extent to which the student's goals were met, and ideas for future goals and objectives should the student re-enroll the following semester will be completed by the learning specialist at the end of each term.

In addition to up to 60 minutes of individual sessions with a learning specialist per week, students enrolled in the Academic Coaching program are offered opportunities to attend study skills workshops and utilize online instructional assessments and tools designed to help them develop more efficient and effective college survival skills. To be eligible for the program, students must have a documented disability and must complete an application and interview process. The interview process will assist SAS staff in determining the student's knowledge of their academic strengths and weaknesses, their level of commitment to academic improvement, and desire to participate actively in Academic Coaching sessions.



The fee for this program is \$2,750 per semester. Students with access needs may enroll in the program for a single semester or for a longer period. Sessions begin the second week of the term and continue through reading days, for a total of 15 weeks per term. For each semester of enrollment, the student will receive 60 minutes of individualized coaching sessions per week (based on need), access to study skills workshops and online assessment and learning tools, a semester action plan, and a final summary of achievements and recommendations at the end of the term.

