

Academic Coaching pre-appointment form

Welcome to coaching! Please fill out this form and bring it to your appointment. Your answers will help to make your appointment as helpful as possible.

Please rate yourself on the following study skills.

	Confident	Unsure but trying	Help me
Time Management			
Motivation			
Note taking			
Organization			
Study Strategies			
Test Taking			

What are your study goals this semester?

Do you have anything else you would like to share with your coach about your learning and study habits?