

BENEFITS OF ACADEMIC COACHING



Here are three benefits of meeting 1-1 with a coach:



Improved Academic Performance

Students gain learning routines that make it easier to stay on track with class content and do well on exams.

Increased Self-Confidence & Motivation

Build confidence by learning simple study habits that actually work for your personal learning style.



Enhanced Academic Skills & Independence

Practice planning, staying organized, and taking charge of your academic life.



Visit us in person: Old Gym Building Room 205.

Give us a call: 718 - 960 - 8175

Learn more and connect with an academic coach: <https://tinyurl.com/LTCAppointment>

THE QUICK TIME MANAGEMENT GUIDE

5 STEPS TO MASTER YOUR SEMESTER

Get a planner

- Get a planner and map out your days so you always know what's coming next. Create a semester calendar, weekly calendar and daily lists.



Set Clear Goals

- Use S.M.A.R.T goals to stay focused, organized, and clear on your priorities this semester.

Prioritize Tasks

- Sort your tasks by what matters most so you can stay focused and avoid feeling scattered.



Schedule Study Blocks

- Strategically plan short study sessions throughout the week so everything feels lighter and easier to manage.

Review & Adjust Weekly

- Look back at your week, notice what worked, and make small changes to stay steady and organized.



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How to motivate yourself

to study

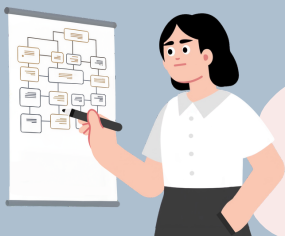


Identify your 'why' and use it as motivation.

Create a study environment that supports your motivation



Break tasks into small manageable parts and focus on one at a time.



Use rewards and accountability partners to boost your motivation

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HOW TO IMPROVE Focus & Concentration



Simple habits to boost mental clarity and productivity

SET CLEAR GOALS

Start study sessions by identifying a task or goal to focus on. Knowing what to do helps the brain stay on track.

ELIMINATE DISTRACTIONS

Turn off unnecessary notifications and create a quiet, clutter free workspace to help you concentrate better.

USE THE POMODORO TECHNIQUE

Work for 25 minutes, then take a break for 5. Short, timed focus sessions prevent mental fatigue.

PRACTICE MINDFULNESS OR MEDITATION

Practicing mindfulness during breaks for 5-10 minutes a day can calm the mind, reduce stress, and sharpen attention.

GET ENOUGH SLEEP

A rested brain processes information faster and stays alert longer.

EAT NUTRITIOUS FOODS

Eating well supports brain power and enhances memory and focus.

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Practical Ways to

Manage Academic Anxiety

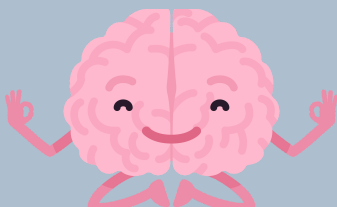


Set Goals To Build Confidence

Set goals to build confidence
Make your goals small and realistic so they feel easier to start. With each one you reach, you feel more steady and capable.

Practice Mindfulness & Relaxation

Practice mindfulness and relaxation. Rest your mind with slow breathing or a calm moment. These short pauses help you reset and handle school pressure better.



Build a Study Routine

Build a study routine
Keep a simple weekly plan with short study times. The more familiar your rhythm feels, the less overwhelming your workload becomes.



Engage in Positive Self Talk

Engage in positive self-talk
Replace harsh thoughts with kinder ones. Reminding yourself that you're trying can ease anxious feelings.



Ask for Support!

Reach out to a friend, academic coach or therapist when things feel too overwhelming. Getting help early can lift stress and help you stay balanced.

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What is SQ3R?

SQ3R is a reading method that helps understand and remember information from text. This method promotes active reading.

Survey

Skim the material to get a general idea. Pay attention to titles, subtitles, headings, illustrations, and bold text.



Question

Create questions based on titles and subtitles. This helps give you a purpose while reading.



Read

Read the material actively, look for answers to the questions that have been created. Focus on details and key concepts.



Recite

After reading a particular passage, summarize the information in your own words. This strengthens understanding and memory.



Review

Review material, questions, notes, and summaries. This helps solidify knowledge and discover areas that need clarification.



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