

## Academic Challenges Self-Coaching Form

Explore, Understand, and Discover Yourself!

What is the reason I need to understand the challenges that I face?

What are my academic challenges?

What are 1 or 2 things I need to know about each of my challenges before I can overcome them?

What is the first thing I need to do to begin to overcome this challenge?

On a scale of 1 to 10, how committed am I to following through with this plan?

1 > 2 > 3 > 4 > 5 > 6 > 7 > 8 > 9 > 10

Need help working through your academic challenges and any potential changes you want to make? Want to create an individualized plan, personalized to your life and your goals?