COACHING—Coaching allows students the opportunity to work with a non-judgmental partner to identify the most effective ways to be successful in college and in life. In the coaching relationship, the coach partners with the student to identify his or her strengths, set personal goals and establish a plan for achieving success. The coaching relationship may at times be challenging. After all, it is designed to help the student grow, develop or improve in any number of areas. But the coaching relationship will always focus on the student’s goals and seek ways to utilize his or her strengths to achieve success. Meetings are scheduled in advance by the coach and student and typically last between 30 and 60 minutes. If cancellation is necessary, the student should let the coach know by 9:00 am the day of the appointment. Moreover, the coaching relationship is based on professionalism and honesty.

PRIVACY—Coaching sessions are private. However, they cannot legally be defined as confidential. The coach will respect each conversation and the information disclosed therein, which will only be shared with campus officials as required by university policy.

COACHING GUIDELINES

1. I understand that coaching is a comprehensive process that may involve multiple areas of my life, including college, work, health and others.
2. I understand that the coach assists me in the creation and development of personal, academic and/or professional goals and to carry out a plan for achieving success.
3. I understand that while my coach will help in any way he or she sees fit, taking action is up to me.
4. I understand that information is kept private unless otherwise required by university policy.
5. I understand that my decisions and actions are exclusively my responsibility.
6. I understand that coaching does not involve the diagnosis or treatment of mental disorders.
7. I understand that coaching is not a substitute for professional counselling, psychotherapy, mental health care or substance abuse treatment.
8. I understand that meeting times will be agreed upon mutually by myself and my coach.

I understand and agree to the above guidelines (numbers 1–8).

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<tr>
<th>Weekly Plan</th>
<th>Twice-a-Week Plan</th>
<th>Bi-Weekly Plan</th>
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<td>Date Range</td>
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Student Name ____________________________________________

Student Signature ____________________________ Date __________

Success Coach Signature ____________________________ Date __________