## COACHING TOPICS

### Academic Success Skills
- Time Management and Organization Skills
- Study Skills and Test Preparation
- Goal Setting and Strategizing

### Classroom Success
- Forming Study Groups
- Building Productive Faculty Relationships

### Life Skills
- Motivation vs. Procrastination
- Personal Health
- Relationship Building
- Grit, Resiliency, Skills to Thrive

## SUPPORT SPECIALIST TOPICS

### Stress Management
- Emotional and Mental Health Concerns
- Domestic Violence
- Personal Issues
- Addiction Support

### Food and/or Housing Needs
- Financial Difficulties
- Transition to College
- Communication Skills
- Issues with Relationships

---

501-916-5645
studentsuccess@ualr.edu
ualr.edu/studentsuccess