WHAT THIS STUDENT IS THINKING:

- Pros of completing the course outweigh the Cons: they're likely to complete…with your help.
- They are pretty confident and need some only light student support.
- They may have already taken small steps and are moving towards their goal.
- Slipping back is common – especially among individuals with unrealistic goals or those who haven't adequately prepared…so Coach expectations and be there when they have doubts.

Study Coach Principles

- Encourage, excite and empower through praise, compliments and support.
- Problem Solve: describe how others have succeeded.
- Keep interventions short and focused.
- Assist students with planning ahead to prevent lapses.
- Simply be there to provide support during stressful or demanding times.

Study Coach Strategies

1. ACTION PLANNING

Weigh the PROS of the course (eg 'sense of independence', 'future opportunities') vs the CONS (eg 'it will take time and energy and I might embarrass myself', 'fear of failure').

- Together, set specific, realistic and measurable Action Plans.
- Role play course-end tests…how should they react, what should they expect, what to do if their fail the first time?

2. POSITIVITY

- Ask what benefits the course is already delivering.
- Remind students that they're likely to be unable to complete study sometimes, but this happens to everybody, they just have to "keep on putting one foot in front of the other".
- Describe others who have succeeded in completing the course.
- Perhaps refer the student to groups/other students, which will enhance their peer group and support.

3. REINFORCE SELF-IMAGE

- Compliment the student on how well they are progressing.
- Check their scores out of 10 ("Scaling") in terms of how well they are progressing, or how well they're finding time and space to study. Remind them of the end-goal and benefits.
- Discuss the STRENGTHS that they are displaying.

4. THINK OF THE FUTURE

- Consider what they're going to do after the course.
- How are they going to fill the study time?
- Would they want to do another course etc?