

3 Levels of Coaching for College Students with AD/HD

Customized AD/HD Coaching & Coaching Support Services

LaMountain & Associates' 3 Levels of Customized Coaching Services

The coaching level determines both the frequency and types of interactions and communication between the coach and the student, as well as with the student's parents (if applicable):

- Level 1: an average of 1-1 ½ hours of coaching and coaching Check-Ins each week
- Level 2: an average of 3-4 hours of coaching, coaching Check-Ins, and client support services each week
- Level 3: an average of 6-7 hours of coaching, coaching Check-Ins, and client support services each week

Customized Coaching Plans

1. **Level 1 is our basic coaching plan** for college students with AD/HD. It is designed for the college student who, more than likely, is not at risk for failing, but who needs (or would benefit from) additional support. It includes one coaching session per week and up to 3-4 voluntary "Check-Ins" - emails, texts, or short phone calls for additional accountability and support.
2. **Level 2 and 3 coaching plans** are designed for students who need a weekly coaching session, as well as scheduled Check-Ins (by phone) and additional support services. Unscheduled Check-Ins are also included for Level 2 and 3 clients.
 - Level 2 students need a high level of support to succeed in college. Most likely, they are not on Academic Warning or Probation, but they may be at risk for academic failure.
 - Level 3 students need very extensive support in to succeed in college. They are usually on Academic Warning or Probation or at risk for academic failure.

Examples of Level 2 and Level 3 Customized Coaching and Coaching Support Services

Coaching and support services are customized for each student and will include a selection of these and other services:

- On-campus coaching sessions at a library study room or other on-campus location (for local students)
- Coach familiarity with class academic expectations via access to the student's Blackboard
- Assistance with planning/scheduling through coach access to the student's Shared Google calendar
- Weekly checklists sent to the student/parent with updated grades and progress on goals
- Family conferences by phone, Skype, or in-person – 3-5 per semester
- Coordination with the student's advisor, therapist, psychiatrist, and other professionals
- Referrals to other professionals in our network, as needed
- Coordination with the student's college disability support services office
- Assistance with organization of the student's personal living space
- Assistance with organizing course documents into 3-ring binders for easy access and reference
- Assistance with budgeting and monitoring student accounts (checking, campus food plan, etc.)
- Career assessments and career coaching for career selection, resume-building, and post-college success

Students can move up or down a level, as needed. Our goal – and our hope! – is for students to acquire the skills they need to succeed in college as quickly as possible! We love it when our college students with AD/HD graduate from coaching – and also when they graduate from college!

*To schedule a Complimentary Consultation (up to 30 minutes) regarding AD/HD Coaching and Coaching Support Services for College Students with AD/HD, contact **LaMountain & Associates** at (804) 355-3874 or mail@lamountaincoaching.com.*