



MEET YOUR COACH

- Masters and PhD
(Sociology, University of Oregon)
- 10 years university
teaching, academic
support, and career
advising
- Publications in academic
journals and student
support texts
- Professional experience in
small business, education,
not-for-profit and
government industries
- Study and speaking in
Japan, Mexico, Israel/West
Bank, and throughout the
US

1-ON-1 ACADEMIC COACHING

Hello,

I'm thrilled that you're exploring academic coaching!

You've worked hard to get into college. You're spending thousands of dollars to be here and you want to get everything out of it you can!

1-on-1 Academic Coaching is designed to support your goals, develop a realistic academic plan, and make sure you hit the ground running on day one.

This 8-week personalized coaching program shows you what professors are really looking for. We walk through how to set-up your academic routine and give you dozens of tools and resources customized for your own academic success.

At the end of our time together you'll have a clear picture of what it takes to succeed in college and a personalized plan to get you there.

Read on and reach out for more information. I look forward to working with you!

Matt Friesen

Contact Matt at:

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ACADEMIC COACHING DETAILS



Most students work hard at getting into college, but spend little time preparing for what happens once classes begin.

This 1-on-1 Academic Coaching program will make sure your reading, writing, test taking and study plans are ready to go.

Coaching Features:

- 8 hours of 1-on-1 time (via zoom) with Dr. Friesen customized for your unique needs and academic program.
- Two concise textbooks focused on reading, writing and study habits.
- A set of reading templates, study set-up tools, note-taking strategies, and writing guides.
- An ongoing “open door” policy inviting future check-ins to see how great you’re doing!
- Total Cost \$1495. A sliding scale for financially challenged students and payment plans are available.

SESSION TOPICS

Our eight, one-hour sessions will begin with an assessment and goal-setting meeting to make sure you get what you need. Our sessions will include:

- Exploring how reading and writing work in college
- Learning to read a syllabus and your professor
- Synchronizing your brain, body and study skills
- Setting up your reading and writing spaces, technology and plans
- Connecting your studies to causes you care about
- Backplanning and best practices for college calendars
- Strategizing about how to read different types of college texts
- Setting up and using a note-taking template to prepare for writing papers and taking exams
- Fine-tuning your research, writing and paper editing routine

