



Student Coaching Expectations

Clients/Students

- Agree to *stick with coaching for a minimum of one academic semester* or three months. Review the progress at mid-term and at the semester end.
- Arrive to coaching sessions on time. If you cannot attend a session, please leave a voice mail, e-mail, or text message for your coach in advance of the session. 24 hour notice is required except in cases of actual illness or emergency.
- Clients are expected to send e-mail, text, or voice mail message updates to the coach at least once a week. Provide an update on your classes, homework, upcoming tests and projects. Please share good news, too.
- In addition, students are encouraged to share information on their social and extracurricular activities, medication, sleep, eating habits and other issues that are deemed appropriate for coaching. We will discuss those boundaries during our intake session.
- For all phone or Zoom coaching sessions, please find a place where you can hear and be heard. Be sure that you have a place where you can open your planner, take notes and focus on the content of the call.
- Be prepared for each coaching session with your:
 - List of questions and notes for coaching
 - Assignment notebook/planner
 - Backpack
 - Notebooks and project notes
 - News of your progress in the past week
 - Plans for upcoming week.

Parents

- Parents are asked forward all related documents (copies of a 504 plan/IEP, psycho-educational testing results, report card, etc.) via email.
- During the initial session, be prepared to share your information AND to be open to your child's perspective. The goal of this session is for the coach to discover information about the client in order support the client's goals and dreams. The final coaching agenda is the client's agenda, not the parents' agenda.
- Once coaching has started, if you have questions or concerns about the coaching process, you may e-mail the coach. All information between coach and client is confidential unless otherwise specified in our contract. Parents are encouraged to discuss the coaching with the client before contacting the coach. If you would like additional parent coaching time, please schedule an appointment. Fees are noted in your contract.
- Honor the coach/client relationship. This builds trust and increases the student's self-confidence and self-advocacy. Let your child know your concerns before notifying the coach. We are working toward an open and honest communication process.
- Know when to advocate for your child directly and when to encourage self-advocacy. When in doubt, ask your child and then ask the coach.
- Hold your child accountable for missed coaching sessions and missing e-mail check-ins with the coach.
- Maintain a positive outlook about your child's progress. Remind yourself to praise the positive actions taken, large and small. Coaching and learning are done step-by-step and each person learns at a different pace.