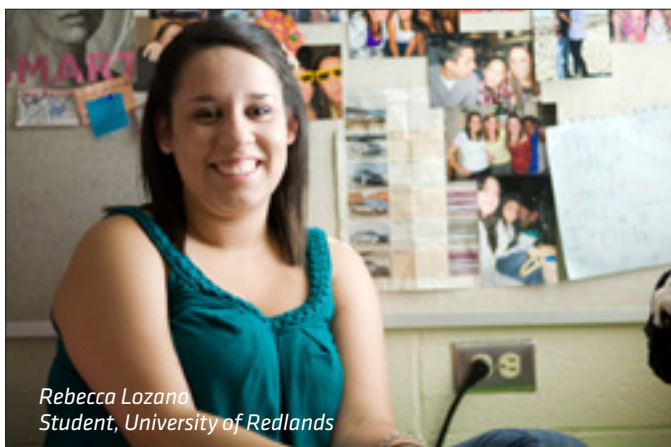


Have a great college experience

Find your place at school. Get involved in the activities that help you thrive. Get to know your campus and all that it has to offer. Meet professors and build campus relationships.

Topics covered:

- Transitioning to college
- Clubs, activities and sports
- Navigating your campus



*Rebecca Lozano
Student, University of Redlands*

Plan your college and career path

Figure out what makes you tick and where you want to go. Connect your academic plan to your long term goals. Do well in school. Have great internship, summer and work experiences.

Topics covered:

- Long-term planning
 - Determine where you want to go in college and beyond
 - Assess your goals and life values
- Four-year roadmap
 - Set a GPA goal
 - Strengthen study skills
 - Choose a major
 - Set summer goals
 - Get an internship
- Career goals and skills
 - Develop leadership abilities
 - Learn networking skills

Accomplish what matters most

Juggle your busy life with ease. Focus on key goals. Make great decisions. Be on top of your finances. Communicate with clarity.

Topics covered:

- Time management skills
 - Set SMART goals
 - Manage your time
 - Develop weekly action plans
- Decision making
 - Systematically evaluate options
 - Imagine different futures
- Financial literacy
 - Manage cash flow and budget
 - Manage credit effectively
 - Understand financial aid package and options

Be healthy, be happy

Give yourself what you need to feel great. Balance your priorities and de-stress your life. Eat, sleep and exercise right. Be supported socially and emotionally.

Topics covered:

- Health and physical fitness
- Personal support network
- Stress management



*Justin Valdez
Student, CSUMB*

What is InsideTrack Coaching?

Starting with a phone call before school begins, and continuing throughout the year, you will receive one-on-one attention from a coach who is committed to your personal development and success. Your Coach will work with you to achieve the fullest college experience possible - improving effectiveness in and out of the classroom, building leadership skills, creating balance and managing stress, boosting self-confidence, and developing goals for the future.

In regularly scheduled sessions, your Coach will help you figure out what you want to do, and then work with you to determine exactly how to get it done.

Together, you and your Coach will ensure that you:

- Have a great college experience
- Plan your college and career path
- Accomplish what matters most
- Are healthy and happy

Who is my InsideTrack Coach?

Our Coaches are your allies on your path through college. They are selected based on an intensive screening and assessment process and receive extensive professional training through five professional certification levels. Our Coaches are passionate about education and helping others succeed, have demonstrated the ability to motivate others, and have completed their Bachelor's degree or higher.

What is InsideTrack Coaching like?

In your first meetings with your Coach, you'll talk about who you are, where you are, and where you want to go. Together, you'll clarify your aspirations, and make a plan for how to get there. After that, you'll meet with your Coach regularly to talk about how your college experience is evolving, review your progress toward the goals you've set for yourself, and work together to address any challenges.

Trying to figure out how to get leadership experience on campus? Strategize with your Coach, who can help you match your interests with experiences that will help you thrive. Working to balance all the priorities vying for your time? Work with your Coach to identify simple ways to better organize and focus your time. Struggling with an important decision? Your Coach can help you brainstorm, make sure you are looking at all angles, and give you decision-making tools to help you make the right choice.

You will have regular scheduled meeting times with your Coach and can reach out as needed between meetings for advice or suggestions by phone, email, Facebook or IM.

What types of students can benefit from InsideTrack Coaching?

Coaching can benefit all types of students. Think about the people who are most successful at what they do: top athletes, successful business leaders, leading performers. Tiger Woods has a coach. So does the CEO of Google ([see what he has to say about coaching](#)). These individuals are incredibly talented, successful and driven, and yet they have benefited from coaches to become the best at what they do.

Now look back at some experiences in your own life. Were there times that you could have accomplished more, or when you would have liked for things to have been just that much easier? Even if you are on top of your game, having an expert who is focused on you will help you take everything you do to the next level.

Why should I take advantage of InsideTrack Coaching?

Imagine yourself at your college graduation, looking back at your college experience. What would you have wanted your experience to be like? College happens once in a lifetime. You're investing a lot in it, and you want to get the most out of it. A Coach can help you do that.

Studies show that college students who work with Coaches tend to enjoy college more, earn higher grades and complete more classes. As a result, coached students are more likely to graduate on time and are better positioned to advance their career opportunities or continue to graduate school.

Who is InsideTrack?

Just like working out, you get more out of coaching when you put more into it. And you'll be amazed how the rest of your college experience will be more enjoyable as a direct result of working with your Coach. InsideTrack is the nation's leading provider of student coaching services. Since 2001, InsideTrack has coached more than 250,000 students at 50+ campuses and has consistently demonstrated improved outcomes for students.