LASSO
Learning And Student Success Opportunity
CENTER
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LASSO Center

- One-on-One Peer Tutoring (115 peer tutors, up to 400 courses covered)
- Supplemental Instruction (73 peer SI Leaders & Mentors covering 20 courses)
- Academic Success Coaching (3 full-time coaches)
What is Success Coaching?

- Person-Centered
- Humanistic
- Active Listening
- Open-Ended Questions
- Often focused on Organizations, Executives, and Management
160 Success Coaching in Higher Education in 2015*

- Tutoring
- Mentoring
- Facilitation
- Career Counseling
- General Academic Skills Tutoring/Mentorship
- Life Coach

*(Robinson, 2015)
LASSO Academic Success Coaching

- Hour long, one-on-one sessions
- Goal-Focused
- Inquiry-Based
- Non-judgmental
- Student Led
- Partnership
- Encourages Self-Authorship of Solutions
- Maintains an unconditional positive regard for the student

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The chief aim of Academic Success Coaching at LASSO is for the student to gain awareness of their reality (past, present, and future).
LASSO Academic Success Coaching

The purpose of Academic Success Coaching at LASSO is to spur intentional action toward a well-defined goal.
The G.R.O.W. Model

- Goal
- Reality
- Options
- Way Forward
- Why the G.R.O.W. Model?
Before Coaching

• The majority of LASSO coaching students have high resiliency scores.
• Self-Efficacy levels are solid to mediocre.
• However, 45% were not confident in their ability to achieve their goals and only 17% were very confident in their own ability.
During the Session

• Set a well defined, specific Goal.
• Get an understanding of the current situation.
• Gain an insight into one’s strengths, values, or needs.
• Explores possible solutions from their perspective and set of circumstances.
• Walks through, in detail, on how pursuing the goal will look in their day-to-day life.
• They set the aim, choose the answer, and make the path.
During the Session

- Time Management – 63%
- Academics – 60%
- Study Skills – 45%
- Motivation – 32%
- Major & Career – 31%
- Social Life – 25%
- Other is primarily Stress Management – 15%
- Physical Health – 15%
- Finances – 7%
After Coaching

- Nearly 99% were confident in their ability to achieve their goals, with 70% very confident.
- Self-Efficacy scores improved.
Further Study

• Preliminary findings suggests that LASSO’s coaching method may aid students in the attainment of their goals.

• An in-depth survey of LASSO Academic Success Coaching participants from Fall 2014-Fall 2018, regarding the impact & role of LASSO Academic Success Coaching on the clarification and achievement of their goals is ongoing.
References