

## Parent Info

## Description

# Transitioning to College

## Coaching Information for Parents

While the transition to college is exciting, it can also be stressful. Unlike high school, college lacks the routine and predictability, and there's no one to provide gentle nudges or reminders. As a parent, you might worry if your child has the necessary skills to succeed in college. Will they wake up on time for classes, check their emails regularly, make friends, and avoid procrastination on schoolwork?

This can be especially difficult for parents of children with ADHD. Despite their amazing gifts, the skills they need to be successful in college (time management, organization, prioritizing, self-care) don't exactly come naturally.

An ADHD College Coach is a professional who understands how the ADHD brain works. They specialize in helping college students with Attention-Deficit/Hyperactivity Disorder (ADHD) manage their symptoms and improve their daily functioning. Coaching is distinct from tutoring, peer coaching, or therapy. An ADHD College Coach:

- Helps students gain clarity and simplify overwhelming tasks
- Offers a non-judgmental, supportive environment that fosters trust, raises awareness, and supports motivation, attention, and emotional needs
- Empowers students by educating them on the positive and negative impacts of ADHD on their success
- Collaborates with students to design "ADHD-friendly" strategies aligned with their goals and values

## Measuring Success

When measuring success, the difference between successful and unsuccessful students can be found within a specific set of character traits. Students who achieve success, despite their learning and attention challenges, all seem to share the following characteristics:

- They understand and own both their ADHD challenges and strengths
- They effectively advocate for themselves
- They consistently utilize the best resources and tools for overcoming their specific ADHD

challenges

- They stay frequently connected, practice, and explore areas that complement their strengths and passions

ADHD Coaching helps college students understand, learn, and develop these characteristics through education, awareness, and goal setting. Each semester the coach and student carefully evaluate progress and create a specific action plan for reaching goals.

Goals may include:

- Raise self-awareness
- Develop a realistic plan for success
- Learn how to set and achieve goals
- Develop skills that build confidence and self-esteem
- Learn self-advocacy skills
- Create a healthy balanced lifestyle
- Develop strategies for increased focus and concentration
- Effectively manage procrastination
- Engineer the best working environment
- Improve time management and organizational skills
- Learn strategies for engineering a supportive learning environment

## The Coaching Process

### Complimentary Consult

Parents interested in coaching for their current or soon to be college student can schedule a free consultation to learn about the coaching process and how it may benefit their needs. Please email [boevingb@rhodes.edu](mailto:boevingb@rhodes.edu) to schedule an appointment.

### Coaching Sessions

Sessions are scheduled on a weekly reoccurring basis for the entire semester. Meeting times typically fall Monday through Friday in the hour between 9:00 am and 4:00 pm.

Once the session date and time have been determined, students will receive email and text reminders every week about upcoming appointments. Due to limited make-up appointment times, students should make every effort to attend all sessions. If a student cannot attend, they should email or text to arrange a make-up session. While make-up sessions cannot be guaranteed, every effort will be made to accommodate this situation.

Students should email [boevingb@rhodes.edu](mailto:boevingb@rhodes.edu) to arrange session appointment times. Before the first session, students should email or bring copies of their course syllabus information. During the first session, students will work on goal setting, conduct a detailed syllabus review, and create a semester

calendar that includes all important dates, deadlines, and important events.

## Areas of Focus

### Time Management and Organizational Skill Development

- Identify upcoming important deadlines such as tests, homework, projects, and other obligations
- Estimate how long each task will take, what steps are involved, and what tools and resources will be needed for support
- Identify potential challenges and obstacles that can get in the way and how to overcome them
- Create times for studying and completing weekly assignments

### Study Skill Development

- Best study environments
- The Writing Process
- Reading
- Class material organization
- Strategies for improving memory and focus
- Specific learning styles for processing and retaining information
- Note-taking
- Exam Prep

### ADHD Adulting 101 – Areas that influence focus and attention

- Sleep hygiene
- Exercise
- Nutrition
- Stress management
- Healthy boundaries
- Money management
- Medication management

## Registration and Payment

The fee for coaching covers the initial intake, semester planning, goal setting, weekly coaching sessions, text, and email reminders, communication with support staff, and parent check-ins. Coaching sessions are available beginning the week of **August 15, 2024**, for Fall Semester and the week of **January 10, 2025**, for Spring Semester.

Please review the following coaching options:

**Option 1:**

Semester Payment – Parents can make a one-time payment per semester at a discounted rate. Total payment is based on the frequency of weekly sessions. Students typically meet 1 to 2 times per week and may have the option of making up missed sessions.

**Session Frequency**

(1) session per week

(2) sessions per week

**Semester Payment**

\$ 1055

\$2110

**2024 Fall Semester**

Due September 1

Due September 1

**2025 Spring Semester**

Due Jan 15

Due Jan 15

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**Option 2:**

Monthly Payment – Parents can make (3) monthly payments per semester. The total monthly payment is based on the frequency of weekly sessions. Students typically meet 1 to 2 times per week and may have the option of making up missed sessions if available.

**Session Frequency**

(1) session per week

(2) sessions per week

**Monthly Payment**

\$ 382

\$764

**2024 Fall Semester**

Due September 1

Due September 1

**2025 Spring Semester**

Due Jan 15

Due Jan 15

**Register for ADHD College Coaching Now**

[Registration](#)

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**Author**

boeving

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