

College Students

Description

ADHD Coaching for College Students

[Schedule a consult](#)

Is ADHD College Coaching for You?

If you have never struggled with procrastination, ADHD Coaching is probably **NOT** for you!

If you have never misplaced your keys, wallet, sunglasses, or an important book you needed for school, then ADHD Coaching is most likely not for you.

If you have never forgotten about an appointment or missed an important email, this book is **NOT** for you.

If you have never been told, “If you would apply yourself half as much to school as you do to things you are interested in,” ADHD Coaching is definitely NOT for you. told “if you would apply yourself half as much on school as you did on the things you are interested in,” ADHD Coaching is definIf you’ve never been told “if you would apply yourself half as much to school as you do to things you are interested in,” ADHD Coaching is definitely NOT for you.

But if any of those are true and you want to learn more about “**how to do college the right way**”, don’t procrastinate, schedule a free ADHD Coaching Consult to learn more about what coaching can do for you.

[Schedule a free consult](#)

The Real Benefits of Coaching

ADHD Coaching can help you get organized, improve time management, and learn how to create an environment that enhances focus and productivity, but there are additional benefits.

After each coaching session, you will walk away with a game plan that addresses all your “to-do’s” and gives you a clear picture of what you must do for a successful week. This alone can reduce stress and allow you to experience guilt-free free time (something rarely experienced by ADHD students).

You will become an expert in understanding your ADHD, including the practices that best support your ADHD. This is why coaching doesn’t just focus on academics; it looks at the whole student, specifically

more specifically three key areas that are critical for success.

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The Coaching Process

Students interested in coaching can schedule a free consultation to learn about the coaching process and how it may benefit their needs. Please email boevingb@rhodes.edu to schedule an appointment.

Sessions are scheduled on a weekly re-occurring 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 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.

More than getting good grades

In addition to your academic, social, and personal goals coaching focuses on three areas that are critical for college success

Time Management & Organization

- Managing important deadlines such as tests, homework, projects, and other obligations
- Estimating how long each task will take, what steps are involved, and what tools and resources will be needed for support
- Identifying potential challenges and strategies for overcoming them
- Appointing times for studying and completing weekly assignments

Study Skills & Strategies

- Designing a focus enhanced study space
- The Writing Process
- Active reading
- Strategies for improving focus
- Identifying best learning styles for processing and retaining information
- Note-taking

- Exam Prep

Health & Wellbeing

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

Schedule a Free Consult

Learn more about how ADHD College Coaching can help you maximize your college potential.

[Schedule a Consult](#)

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