

What Can A Coach Help With?

Students choose to work with a coach for many different reasons. A coach is someone who listens, asks thoughtful questions, and helps you think through challenges, goals, and next steps.

You don't need to have everything figured out. You can talk to a coach about things like:

School & Learning

- I want to do well in school, but I'm not organized. What can I do?
- I'm already really far behind on my work. Where do I even start?
- I know I can do better in school; I just don't know how to begin.
- I never seem to have time to finish my assignments. How can I manage my time better?
- I get distracted easily and struggle to stay focused.
- I want to graduate, but sometimes it feels overwhelming.

Goals & The Future

- I have big dreams and I want to accomplish them.
- I want to go to college, but no one believes I can.
- I'm trying to figure out what I want to do after high school.
- I know I can be successful, but I feel stuck.
- I believe my life could be really good, but I'm not sure what steps to take.

Confidence & Identity

- I just want people to respect me for who I am.
- I feel like people judge me for how I look or what I say.
- I'm trying to figure out who I am and what matters to me.
- I want to build more confidence in myself.

Relationships & Social Challenges

- People are spreading rumors about me.
- I'm having problems with friends.
- I feel like I don't really fit in anywhere.
- I want to get better at communicating with people.

Stress & Emotions

- I feel confused a lot of the time.
- I get frustrated and don't know how to handle it.
- I feel stressed or overwhelmed.
- I need someone I can trust to talk to about what's going on.

Family & Personal Challenges

- No one else in my family graduated high school. Why should I?
- Things at home are making it hard to focus on school.
- I'm trying to balance school, work, and responsibilities.

Or Simply...

- I wish I had someone I could really trust to talk to.
- I want someone to listen and help me think things through.
- I just need help figuring out my next step.

You don't have to face challenges alone.

A coach's job is to listen, support you, and help you move forward.