

# A BRIDGE OVER TROUBLED WATER: BUILDING CONFIDENCE THROUGH COACHING

## PRESENTER(S):

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## DESCRIPTION:

Research has found that self-efficacy among college students directly correlates to persistence, tenacity, and academic achievement (Chemers, Hu, & Garcia, 2001; Gallagher, Marques, & Lopez, 2016). The goal of academic coaching is often to help students reframe their experience and gain self-awareness to effect positive change. Similar to appreciative advising, appreciative coaching provides an ideal framework for helping students embrace a positive, action-oriented mindset. In this session, attendees will become familiar with the four stages of appreciative coaching and the ways in which they are used in collaboration with students to help them gain confidence, self-efficacy, and ultimately achieve academic success.

## LEARNING OUTCOMES:

Participants will understand:

- How self-efficacy impacts academic performance among college students
- The 4 stages of appreciative coaching
- How to use the appreciative coaching framework to help students embrace a positive, action-oriented mindset

## NACADA CORE COMPETENCY(IES):

- CONCEPTUAL
- RELATIONAL

## ADVISING 2020 MODEL COMPONENT(S):

- SELF-EXPLORATION