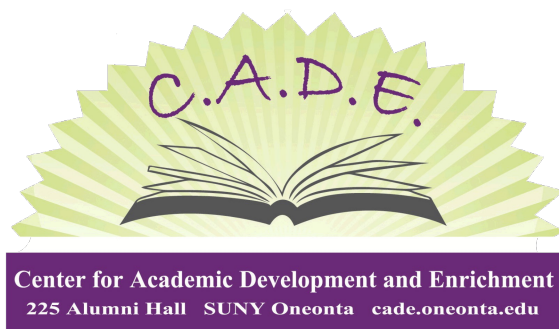


# Need to Fine-Tune Your Performance? An Academic Coach can help!



## Two Great Ways to Work with an Academic Coach!

- 1) Stop by **CADE's Satellite Office in 102 Milne Library 3:00-5:00 any Thursday (Spring 2017)** for a one-time 20-minute **coaching consultation!**
- 2) Sign up for a regular, **weekly academic coaching appointment** (one hour per week for up to 10 hours) at <https://tracktion.oneonta.edu>.



## **ACADEMIC COACHES CAN HELP YOU WITH**

**STUDY SKILLS \* TEST TAKING SKILLS \* FOCUSING STRATEGIES \* TIME MANAGEMENT \***

**TEST ANXIETY \* READING STRATEGIES \* NOTE TAKING \* and MORE**