

AcCESs

Academic Coaching, Engagement and Support

What is AcCESs@Brown?

AcCESs (Academic Coaching, Engagement & Support) is a collaborative academic support program at Brown for undergraduates. Professional and peer academic coaches work with students to help them set and achieve their goals. Academic coaches in various settings foster the holistic development of academic skills that support students' educational journeys and personal well-being.

Who Are We?

1. The Division of Athletics offers peer academic coaching for varsity athletic teams. **Athletics Academic Coaches** are assigned to specific teams and work with the Student-Athlete Development Office and the coaching staff to assist them in the overall academic success of their student-athletes.
2. **Peer Academic Coaches at the Curricular Resource Center** are trained and dedicated upper-level students (juniors, seniors, and graduates). Assigned, one-on-one coaching is available on a first-come, first-served basis to students from various cohorts, and **our weekly drop-in/open hours (167 Angell Street)** and **"Power Hour" workshops are open to all undergraduates.**
3. The College **International Advising Team** offers **one-on-one coaching appointments with professional staff** at 313 Page-Robinson Hall and virtually. All self-identified undergraduate international students are welcome to sign up for coaching appointments.
4. The coaches from Athletics, the CRC, and the International Advising Team also offer **study skills workshops ("Power Hours")** throughout the year. Visit this website for more information: <https://crc.brown.edu/coaching-mentoring/access>.

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What are the Benefits of Coaching?

Our one-on-one sessions and “Power Hour” workshops enable students to:

- Develop individualized study strategies, test-taking skills, and plans for assignments.
- Enhance broader academic skills, including managing and prioritizing their time, understanding their preferred learning styles, and more.
- Discuss and explore self-care and wellness strategies to help them stay healthy.
- Discuss academic choices such as grade options, course and concentration selection, and developing relationships with a team of advisors and mentors.
- Reflect upon their academic goals, personal aspirations, and values relating to their academic experience at Brown.
- Find the appropriate resources at Brown to enhance their academics and well-being.
- Stay motivated and focused on their academic and personal goals.

Commitments and Expectations

- When you meet with an academic coach, you will decide the frequency of meetings with the coach to maximize your time. Generally speaking, students assigned to a coach for the semester will meet with the coach at the beginning, bi-weekly throughout the semester, and shortly after finals to reflect on progress toward their goals. You can request a one-on-one coach using the [AcCESs request/intake form](#).
- The [drop-in coaching hours at the CRC](#) allow any undergraduate to address immediate goals related to time management, task prioritization, and preparing for midterms and finals. Look out for the “Power Hour” workshop schedule, which includes various study skills and strategies offered each semester.

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Different Academic Coaching Options

1. The Division of Athletics trains and supports peer academic coaches to help undergraduate student-athletes discover and develop their preferred learning habits and effective study strategies for strengthening their educational capacities and engagement. Each peer academic coach is assigned to a team(s) and will work with the Student-Athlete Development point person and sport-specific Coaching staff to provide group and 1:1 academic workshops and consultations focusing on the first-year transition, time management strategies, effective study habits, and test-taking skills, as well as empowering them to utilize academic resources available to them.
2. At the Curricular Resource Center, we assign interested students to one-on-one coaching at the beginning of each semester and during the summer by matching individuals who identify as someone who might benefit from coaching (e.g., Bridge Scholars, first-generation college students, students with Student Accessibility Services accommodations, students returning from a leave of absence, and students identified by a College advising dean or Student Support Services dean). Any student interested in a one-on-one coach for the semester, someone who can meet them weekly or biweekly, must request one by filling out this request/intake form.
3. Undergraduate international students can have coaching conversation(s) that involve self-reflection and broadening the repertoire of learning strategies appropriate to their learning styles and course materials. This is a collaborative space for international students to reflect on their learning experiences and polish their learning skills based on students' expressed priorities and professional assessment of their academic strengths and needs. Coaches empower multilingual/multicultural students with various learning-related dialogues across the curriculum.
4. The CRC peer coaches also provide **drop-in/open hours for any student** for in-the-moment consultations about time management, task prioritization, and preparation for midterms/finals.

Check out this [infographic](#) for the coaching options that are available to you!

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Interested in Learning More?

Athletics: Jen Miller-McEachern: jennifer_miller-mceachern@brown.edu

CRC: Faith Freeman: faith_freeman@brown.edu or academicsupport@brown.edu

International Student Advising: Emily Collins Garcia: emily_collins_garcia@brown.edu or internationaladvising@brown.edu

Scan below for
student FAQ:



Scan below for
faculty/staff FAQ:



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(updated Fall 2024)