



Student Wellness Fair 2013

Peer Academic Coaching at UNE

Peer Academic Coaches at UNE work with First-year students in the Residence Halls and Commuter Lounges on specific needs including:

- ✓ Time and task management
- ✓ Prioritizing goals and deadlines
- ✓ Connecting with campus resources
- ✓ Organizational skills
- ✓ Avoiding procrastination
- ✓ Staying motivated
- ✓ Navigating the transition from high school to college
- ✓ Modeling effective study strategies and academic excellence

Who We Are

About Us

Peer Academic Coaching is a new program designed to offer First-Year students support and encouragement as they navigate the transition to UNE. PAC students hold office hours in residence halls and commuter lounges. Appointments are encouraged but not required. PACs are not advisors, counselors or tutors; PACs are successful college students who share their knowledge of learning strategies with others.

Contact Us

Student Academic Success Center

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Find us and Like us on Facebook

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STUDENT ACADEMIC SUCCESS CENTER

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STUDENT ACADEMIC SUCCESS CENTER



Alissa Dzis '15

PEER ACADEMIC COACH (PAC) PROGRAM



Kaitlyn Hall '15

Do You Need a Peer Academic Coach?

Take the quiz and decide! Rate yourself on each of the following elements using this scale:

- 5=Yes
- 4=Almost
- 3=Sort of
- 2=Not so much
- 1=Not at all

- 1.____ I have a workable schedule for study and other aspects of my life.
- 2.____ I learned good study habits in high school so that I never scored below a B on a test.
- 3.____ I am ready for college-level work in all my courses.
- 4.____ I know how to read and understand a course syllabus. I know how to translate the information into a plan so that I never am surprised by a due date and never have to

stay up late (or all night) to finish an assignment or study for an exam.

5.____ I know how to get the information I need from reading a textbook, so that I am not surprised by some test questions.

6.____ I am calm during tests.

7.____ I have had positive experiences with study groups and know how to create them when I need them.

8.____ I enjoy school.

9.____ I earned all A's and B's in high school.

10.____ I have a planner or calendar and a system for operating it which I use every day.

11.____ I know how to prepare for tests so I get A's on all of them.

12.____ I regularly seek help from teachers and/or tutors.

13.____ I understand what it takes to learn new information and not just memorize it.



Krista Boutin '14

14.____ I usually work ahead in some classes so if something unplanned should occur, I won't fall behind.

15.____ My test-taking strategies result in A's and B's.

16.____ I have clear, well defined, specific goals for my college career.

17.____ I am able to focus and learn well even when I don't like the subject or teacher.

18.____ I am willing and able to put in the time necessary to achieve my educational goals.

19.____ I use an effective note-taking system.

20.____ I participate frequently to class discussions and ask questions when I am confused.

Scoring Guide

20-40 points - RUN, don't walk, to your nearest PAC.

41-64 points - meeting with a PAC will greatly improve your likelihood of success.

65-84 points - you've got a good foundation for success.

85-100 points - you are most likely to use a coach or tutor when you know you need one.

Scores of 1, 2, and 3 on any one question - it's a good idea to meet with a PAC and discuss the skill related to each question.