

# Academic Advisors and College Life Coaches

## Bridging the Gap for TAMUC Faculty/Staff and Students

Casey Richards & Madison Wells – Advising Team

Lauren Meyers & Michael Gulden – Student Transition & Support





Casey Richards, M.S.  
**Senior Academic Advisor**  
Advising Team



Madison Wells, MBA  
**Academic Advisor I**  
Advising Team



Lauren Meyers, M.S.  
**College Life Coach**  
Student Transition & Support



Michael Gulden, M.A.T.  
**College Life Coach**  
Student Transition & Support



# The Summer

"Get Em Back"  
Campaign for  
unregistered  
students

Update curriculum  
for first-year  
seminar

Outreach for  
incoming students

# The Beginning of the Semester

Review and modify  
student schedules

Facilitate students  
meeting with peer  
mentors

Early Alert  
Intervention  
Meetings

# The End of the Semester

Registration Events

Learning Showcase  
Final Project

Meet regularly with  
students on academic  
probation or  
suspension



# Academic Advisors

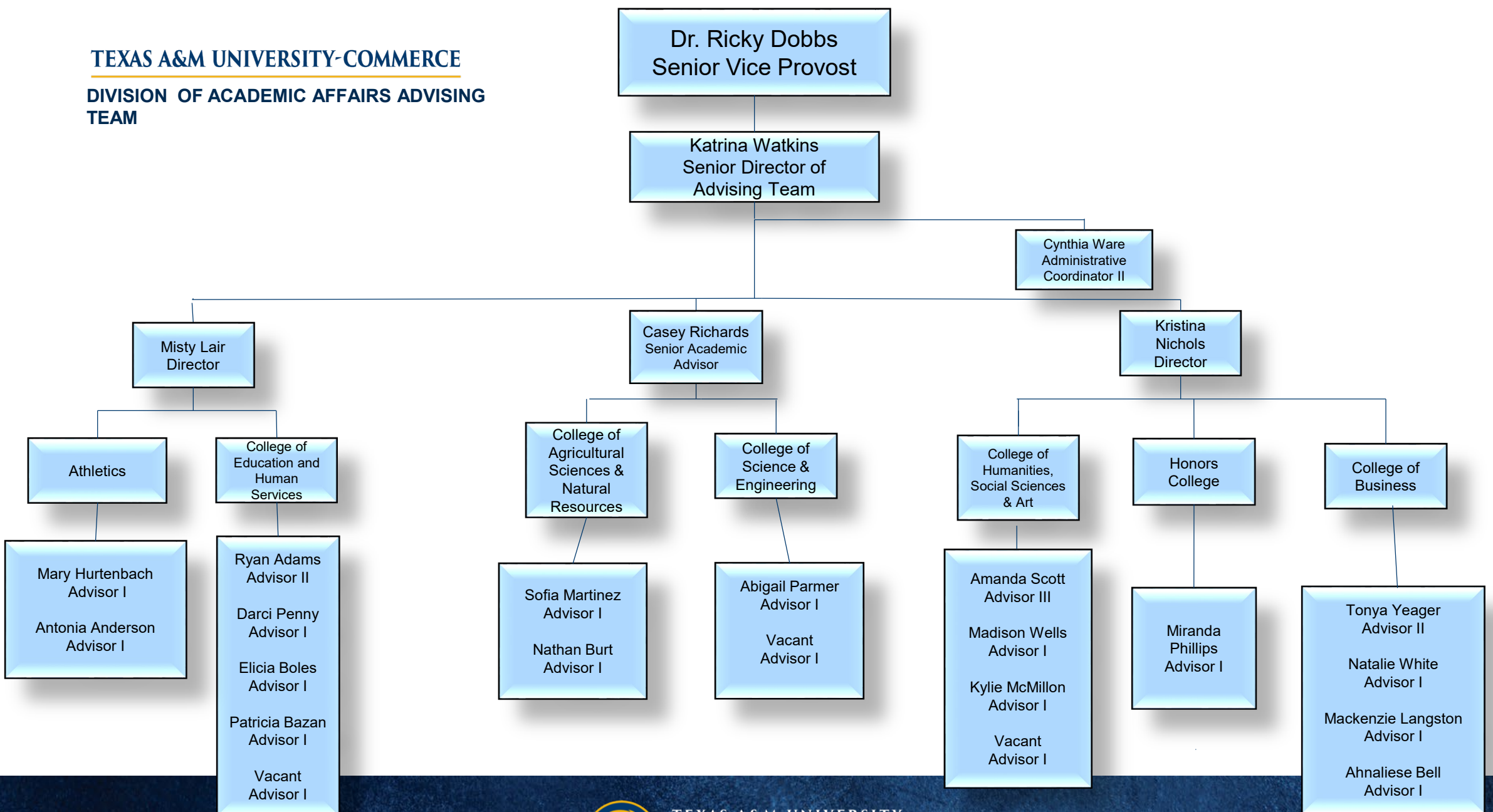
- ➔ Course selection
- ➔ Major selection and declaration
- ➔ Academic standing questions (good vs. probation/suspension)
- ➔ Add/drop/withdrawals
- ➔ Graduation checkout
- ➔ Communication with faculty – early alerts, course questions, etc

# Academic Advisors Locations

- **College of Agricultural Sciences and Natural Resources:**
  - Waters Library, Suite 132
- **College of Business:**
  - McDowell Administration, Suite 317
- **College of Education and Human Services:**
  - Education North, Suite 204
- **College of Humanities and Social Sciences:**
  - Charles J. Austin Engineering Building, Suite 222
- **College of Science and Engineering:**
  - Charles J. Austin Engineering Building, Suite 116

**TEXAS A&M UNIVERSITY-COMMERCE**

**DIVISION OF ACADEMIC AFFAIRS ADVISING TEAM**

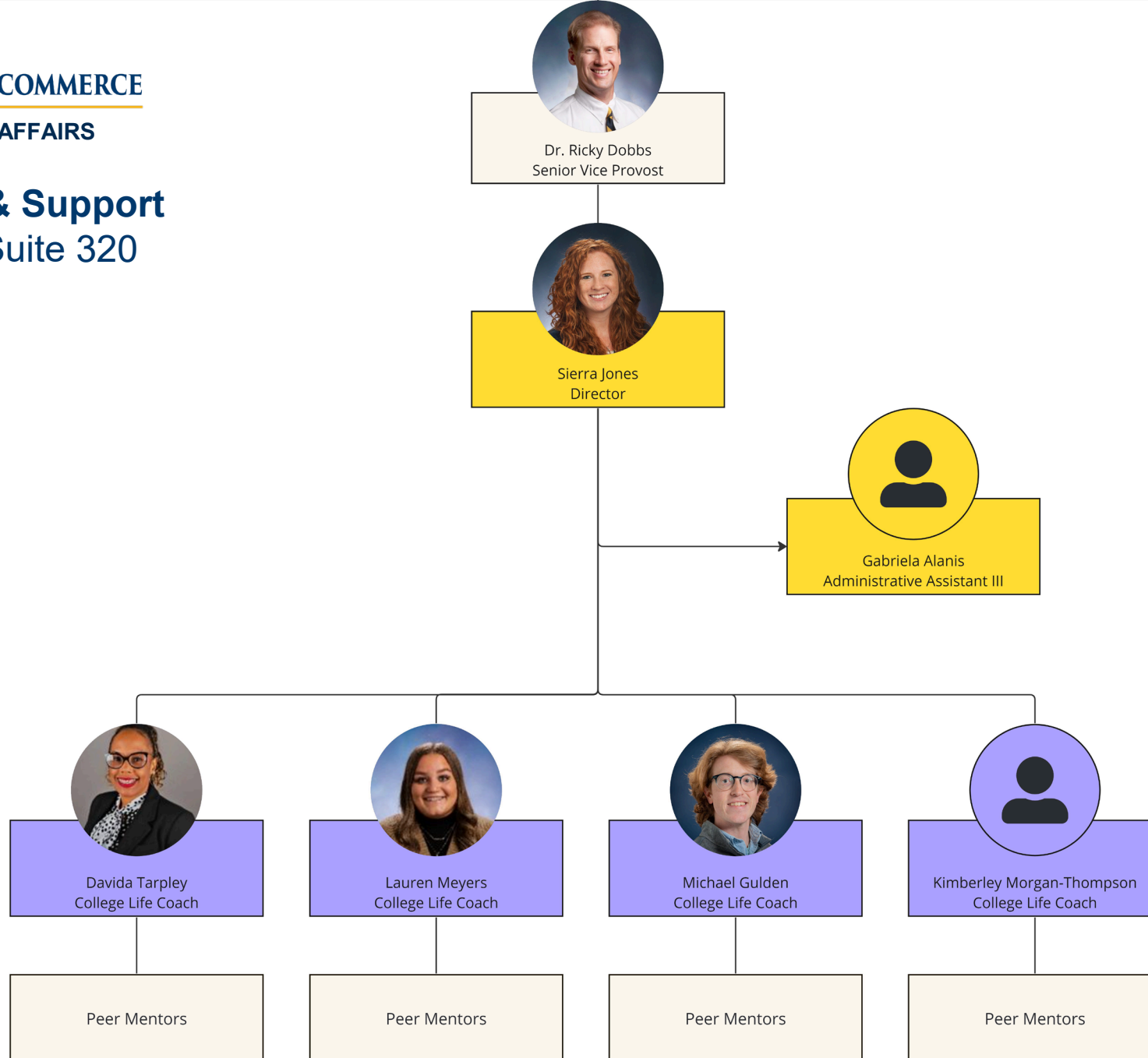




# College Life Coaches

- Imbedded in class with the students as the *Student & The University* (CID 1300) Instructor
- Curriculum planning/building
- Conduct at risk meetings with students who are enrolled in our class
- Work with the Peer Mentors
  - Each College Life Coach has a Peer Mentor that works alongside them in the classroom to offer that peer-to-peer connection with the students
  - Peer Mentors have designated class days where they are the instructor
- Host workshops for all students on various topics
  - Study Skills
  - Time Management
  - Focus2 – Career Exploration
  - Financial Aid/Scholarship Essays

**Student Transition & Support**  
Nursing Building, Suite 320



# First-Year Seminars and US Higher Ed

- 77% of institutions offer some type of seminar
- Like ours, most are:
  - One semester long
  - Gen ed requirement (i.e. Common Core)
  - Graded
  - Involve peer mentors

Mowreader, Ashley. "Survey: Half of First-Year Seminars Focus on Academics, Student Success." *Inside Higher Ed*. 26 February 2004. <https://www.insidehighered.com/news/student-success/academic-life/2024/02/26/academic-success-priority-first-year-seminars>

# What does the data say about First Year Seminars?

- Higher GPAs
- Higher rates of retention and more credits earned
- Greater sense of belonging and improved student attitudes
- Improvements remain significant, even in future semesters

Al-Sheeb, Bothaina A, Mahmoud Samir Abdulwahed, and Abdel Magid Hamouda. "Impact of First-Year Seminar on Student Engagement, Awareness, and General Attitudes toward Higher Education." *Journal of applied research in higher education* 10.1 (2018): 15–30. DOI: 10.1108/JARHE-01-2017-0006.

Ben-Avie, Michael et al. "First-Year Experience: A Comparison Study." *Journal of assessment and institutional effectiveness* 2.2 (2012): 143–170. DOI: 10.5325/jasseinsteffe.2.2.0143.

# Student Scenarios

- ➔ As a group, read through the scenario.
  - Discuss what actions the student could take to work towards solving their issue as if you were an Academic Advisor or College Life Coach

# Scenario I

Leo and his assigned group just received their first group assignment instructions. The group had 5 minutes at the end of class to discuss and set up a meeting time to work on the project. It becomes clear quickly that most of the group is confused by the instructions, Leo included.

# Scenario II

Jenni is enrolled in Math 1314 and just received a disappointing score of 68 on her first exam. While Jenni never struggled with math in High School, she is disappointed with that score.

# Scenario III

Kane is feeling pretty lonely because he doesn't know anyone at TAMUC. He goes back home most weekends to be with his family and notices that his hometown friends are there less, and he wants to start finding a community of people at TAMUC like he had in high school.



# Scenario IV

Brent's friend checks in with him because he 'isn't being himself' lately. Brent has noticed that he is having more anxiety than usual, has missed several classes, and passed on hanging out with his friends. Brent knows that there are resources available to help, but the thought of reaching out seems overwhelming.

# Scenario V

Angel is struggling with the cost of college. She has an on-campus job but doesn't have a budget and is worried each week that she is going to run out of money before her next paycheck arrives.

## Top reasons to reach out to an Academic Advisor

- Student is wanting to drop a class
- Student wants to change major
- Questions about academic status
- Graduation status

## Top reasons to reach out to a College Life Coach

- Student wants to explore careers or majors
- Student needs help navigating campus resources
- Student needs additional help with time management, study skills, note taking, etc.
- Have an idea of a workshop you want to collab on? Message us!

# Best method to contact an Advisor or a College Life Coach

- **Advisors:**

- Faculty/staff: Microsoft Teams is always preferred, email, or a call
- Students: email is preferred, or appointment via EAB in leoportals Apps menu
- Anybody: [AdvisingTeam@tamuc.edu](mailto:AdvisingTeam@tamuc.edu)

- **College Life Coaches:**

- Faculty/staff: [STS@tamuc.edu](mailto:STS@tamuc.edu), Microsoft Teams, or Gabriela Alanis ([Gabriela.Alanis@tamuc.edu](mailto:Gabriela.Alanis@tamuc.edu))
- Students: Email their CID 1300 Instructor, [STS@tamuc.edu](mailto:STS@tamuc.edu) or make an appointment via EAB
- Anybody: [STS@tamuc.edu](mailto:STS@tamuc.edu)



TEXAS A&M UNIVERSITY  
**COMMERCE**

# Questions?

## Thank you for attending!

We look forward to partnering with you on ongoing retention efforts!