

Welcome to **GOALS²**

Support for high school and college students in achieving their academic and personal goals through **one-on-one coaching sessions**. Coaching is a skilled conversation designed to help you make progress toward your goals — big or small.



What is GOALS²?

GOALS² is a program designed to help you meet your **academic and personal goals**. GOALS² helps students **identify and implement strategies** to achieve these goals through supportive conversations.

GOALS² services are available to high school and college students who are college-bound or planning their transition to work.

COMMON CLIENT GOALS:

- Time management
- Stress management
- Scheduling
- Strengthening relationships
- School/work/life balance
- Financial management
- Improving sleep
- Eating healthy
- Exercising
- Organization



What Students Say About GOALS²

The program definitely helped me improve my time management skills to get my grades where they are now.

It really had an overall positive impact academically, personally and for my future career.

I am more productive and proactive in getting my own things done.



Who will you work with?

The GOALS² program is run by occupational therapy (OT) students and practitioners. Your coach may be an OT or another professional trained in coaching.

What is Occupational Therapy?

Occupational Therapy is a profession that supports people of all ages in doing the things that they want or need to do in order to live healthy and meaningful lives. For more information about OT: <https://www.aota.org/about/what-is-ot>

All sessions are FREE and done remotely by Zoom or phone; or in person on the Jefferson East Falls Campus

What Do GOALS² Services Look Like?

Each session begins with identifying what you want the conversation to focus on; **your most pressing goal**. Then, through questions and reflections, you will **gain insights into how to achieve that goal**. Finally, you will decide what **next steps** you want to make. The coach is there to guide you.

Sessions last between **45 to 60 minutes** and clients typically meet with us **once a week**.

CONTACT US //

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