

Coaching Institute of Spain

The Coaching Institute of Spain, which was founded by CIS University, provides students with the guidance, structure, and feedback they need to be more successful in school and in life. Each student participating in this optional program is assigned a coach, who helps him or her to stay focused on priorities, and achieve his or her full potential.

In meetings, the student works together with his or her coach to identify the student's goals, create action plans to help the student achieve them, track the student's progression toward his or her goals, and keep the student motivated.

In each session, students and coaches also review the student's progress, ensuring the student continues moving forward toward success.

We provide four levels of participation:

- > Students whose GPA is lower than 2.5.
- > Second or third year students who are leaving for a Foreign College or University.
- > Students with a GPA higher than 3.5.
- > All students in general who want to participate.

As students talk with their coach, they will work in the key areas that help them become a better student and better prepare them for life in general. In meetings that are tailored to the student's specific needs, each student will focus on skills dealing with time management, college deadlines, social activities and effective life skills. Specifically, the coach will help the student get the most out of the student college experience by helping him or her to:

- > Improve overall effectiveness setting their own priorities.
- > Organizing a personal schedule.
- > Formulating action plans.
- > Developing short-term and long-term goals.
- > Evaluate personal options and make good choices on the path towards graduation and career success.

Coaches work with students to help them understand what professors want from them, and prioritize academic tasks. Coaches encourage students to interact with faculty, and to take advantage of resources such as academic support or tutoring services.