**LEARNING OBJECTIVES**

- **Time Management**
- **Goal Setting**
- **Learning Strategies**
- **Study Skills**
- **Network of Resources**
- **Self Care**

**VISION**

Students in the Academic Coaching and Empowerment (ACE) development track will engage one-on-one with an Academic Advisor to further develop skills necessary to be successful in college, such as time management, goal-setting, learning strategies, study skills, network building, and self-care.

**LEARNING OBJECTIVES**

- Understand the components of a SMART goal
- Establish priorities based upon values & goals
- Determine course expectations, instructor communication policies (i.e. office hours), grading policies, assignment due dates
- Develop and implement a planning system
- Identify preferred learning styles
- Discover practical ways to boost learning potential
- Develop note-taking strategies
- Develop active reading strategies
- Understand best methods for test preparation
- Identify at least two personal sources of support
- Identify at least three campus sources of support
- Understand how to use campus resources.
- Identify strategies for coping with stress.