



## Academic Coaching and Empowerment (ACE) Syllabus

**ACE Academic Development Curriculum:** This document outlines the topics you will cover during meetings with your Staff Academic Advisor or Student Success Coach. Discussion and activities are designed to help you set personal goals, develop an Academic Success Plan, enhance your study skills, and achieve success at DU. For information on appointment scheduling, please visit <https://www.du.edu/studentlife/advising>.

Module/Topic	Learning Objectives	Activities
<p><b>SMART Goal-Setting</b> <i>“Setting goals is the first step in turning the invisible into the visible.”</i></p>	<ul style="list-style-type: none"> <li>Understand the components of a SMART goal</li> </ul>	<ul style="list-style-type: none"> <li>Review Self-Assessment</li> <li>Develop SMART goal</li> <li>Create Academic Success plan</li> </ul>
<p><b>Time Management</b> <i>“If you don't know where you're going, you will probably end up somewhere else.”</i></p>	<ul style="list-style-type: none"> <li>Determine course expectations, instructor communication policies (i.e. office hours), grading policies, assignment due dates</li> <li>Develop and implement a planning system</li> </ul>	<ul style="list-style-type: none"> <li>Review course syllabi</li> <li>Get Organized</li> <li>Create:               <ul style="list-style-type: none"> <li>10-week calendar</li> <li>Weekly calendar</li> <li>To-do list</li> </ul> </li> </ul>
<p><b>Learning Strategies</b> <i>“Develop a passion for learning. If you do, you will never cease to grow.”</i></p>	<ul style="list-style-type: none"> <li>Identify preferred learning styles</li> <li>Discover practical ways to boost learning potential</li> </ul>	<ul style="list-style-type: none"> <li>Learning styles assessment</li> <li>Using your preferred learning styles</li> </ul>
<p><b>Study Skills</b> <i>“Tell me and I forget. Teach me and I remember. Involve me and I learn.”</i></p>	<ul style="list-style-type: none"> <li>Develop notetaking strategies</li> <li>Develop active reading strategies</li> <li>Understand best methods for test preparation</li> </ul>	<ul style="list-style-type: none"> <li>Study Skills Assessment</li> <li>Evaluate your Study Location</li> <li>Cornell Notetaking</li> <li>Reading: PQRST Method</li> <li>Test Prep</li> </ul>
<p><b>Network of Resources</b> <i>“Be strong enough to stand alone, smart enough to know when you need help, and brave enough to ask for it.”</i></p>	<ul style="list-style-type: none"> <li>Identify at least two personal sources of support</li> <li>Identify at least three campus sources of support</li> <li>Understand how to use campus resources.</li> </ul>	<ul style="list-style-type: none"> <li>Review the "Navigating your DU Experience" resource guide</li> <li>Professor Office Hours 101</li> <li>University Help Centers</li> </ul>
<p><b>Stress Management &amp; Self-Care</b> <i>“It's not stress that kills us, it is our reaction to it.”</i></p>	<ul style="list-style-type: none"> <li>Identify strategies for coping with stress.</li> </ul>	<ul style="list-style-type: none"> <li>Stress Management Assessment</li> </ul>