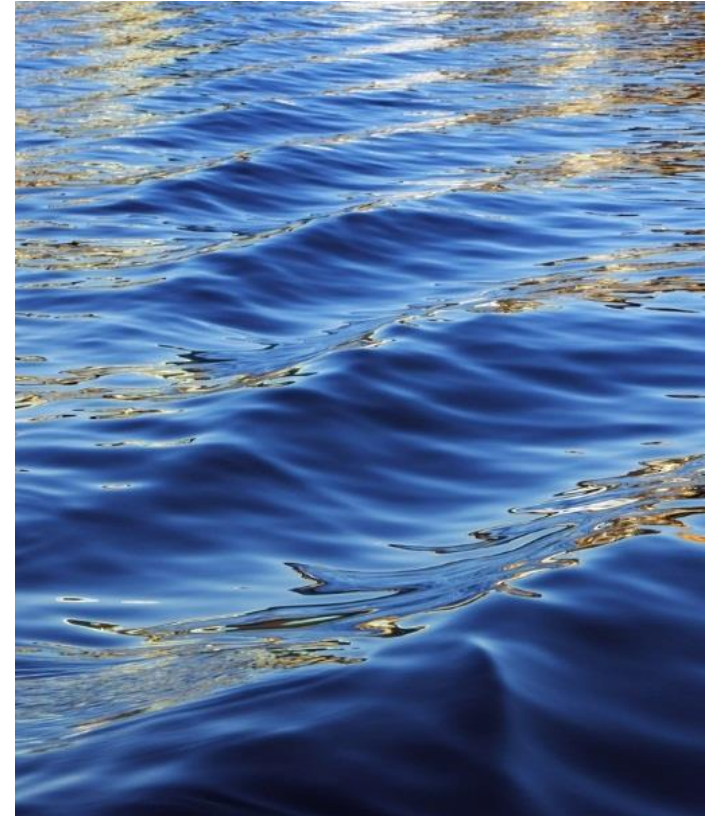


Reducing Stress for First Year College Students through Executive Functioning Coaching

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Introductions

Melissa Knight, MA, MCC, BCC




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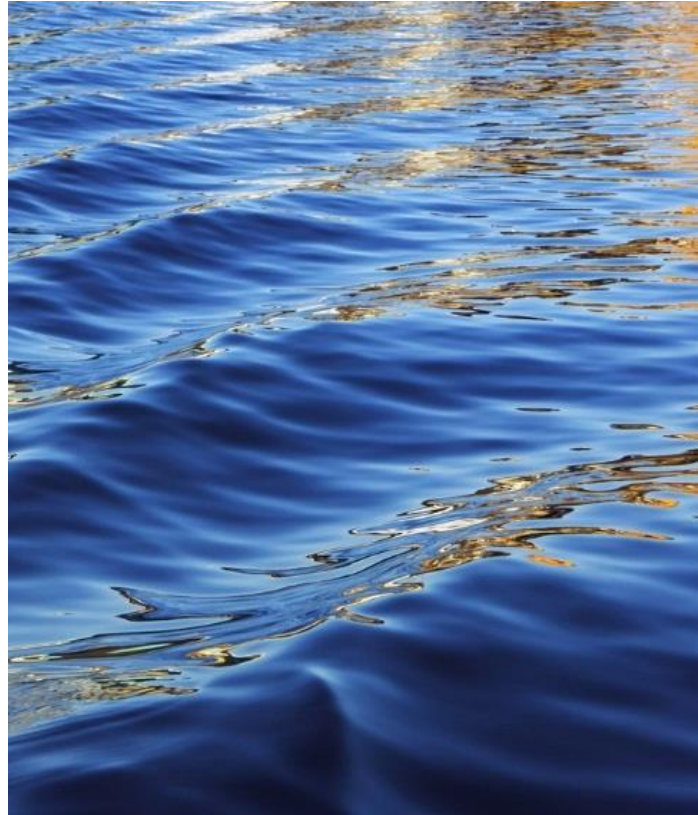


Overview

- Identify EF strategies that can help students with EF deficiencies
- Identify key factors to consider that can assist first year students in transitioning into college
- Identify factors that can foster a sense of wellbeing for students
- Identify strategies for students that support independence and self-advocacy
- Identify how to incorporate the ICF Core Competencies of Evoking Awareness and Facilitating Client Growth into your coaching sessions.



Executive Functioning Strategies



Effective EF Strategies to Reduce Stress





The College Transition



Top 5 Challenges

- Adapting to new routines
 - Lack of structure
- Fear of the unknown
 - What if...
- Anxiety
- Decision making
- Self-advocacy

A Positive Transition

- Feeling connected to campus
- Creating healthy relationships
- Academic success
- Becoming more independent from parents
 - Ability to self-advocate



Fostering Wellbeing in Students



Factors that Positively Contribute to Students Wellbeing

✓ **SOCIAL CONNECTEDNESS**

✓ **RESILIENCE**

✓ **ANXIETY MANAGEMENT**



Supporting Independence and Self- Advocacy in Students



The transition begins in high school

- Include the student early in creating a daily routine
 - Have a timeline of when you will remove yourself from initiating this routine
- Build self-efficacy
- Identify and practice anxiety reduction strategies
- Support and honor choices
 - Begin with guidance
 - Be patient
- Practice self-advocacy
 - Begin to remove yourself as the fixer
- Empowerment

Strategies

- Build habits and routines
- Look at all behaviors
- What interventions are not
- Cognitive flexibility
- Initiating tasks
- Moving from short term goals to long term goals

Use the summer to create a strong foundation which can lead to a successful first semester in college

- Know and understand your accommodations. In college you are responsible for requesting your accommodations. If you are unsure practice speaking with your parents about what you have received in high school along with how it has been helpful.
- If you haven't already begin taking responsibility for your education. You can start with contacting your academic advisor and registering for classes.
- Reach out to the appropriate people regarding any questions you have about starting your first semester. Share what you find with your parents instead of having them contact the school.
- Create a routine for yourself. If you take medication practice taking it on your own and set up a system if you are forgetful.
- Create a consistent AM and PM routine. I know this one is hard but you will thank me later.



ICF Core Competencies:
Evoking Awareness and
Facilitating Client
Growth



Evoking Awareness

- Considers the students experience when deciding what might be most useful
 - What type of organizer to use
 - Best set up for workspace
- Challenges the student as a way to evoke awareness or insight
 - Inquire about strategies
 - What worked and what did not work
- Asks questions that help the student explore beyond current thinking
- Shares observations, insights, and feelings, without attachment, that have the potential to create new learning

Facilitating Growth (ICF)

- “Partners with the client to design goals, actions and accountability measures that integrate and expand new learning”
 - Co-creating, implementing, and evaluating Action Plans
- “Acknowledges and supports client autonomy in the design of goals, actions, and methods of accountability”
 - Co-creating Action Plans and Follow-up
- “Invites the client to consider how to move forward, including resources, support, and potential barriers”
 - Connecting to resources on campus and anticipating potential roadblocks
- “Celebrates the client’s progress and successes”
 - Cheerleading

Reference

- International Coaching Federation (2021). ICF core competencies. Retrieved from: www.coachingfederation.org



Thank you!!

Q & A Zoom Information:

