

InsideTrack Coaching

For Enrolled Students

insidetrack

INVEST IN STUDENTS WITH PROVEN METHODS

InsideTrack Coaching helps to improve student motivation and effectiveness so that students achieve their goals and fully participate in university life. When students thrive, they achieve more, become more persistent, and consequently, they are more likely to graduate.

InsideTrack Coaching is a clearly defined, repeatable program that delivers measurable results, including increased student satisfaction, academic effectiveness, and up to 20% reduction in student attrition. Because it's a proven methodology that has been delivered to more than 250,000 students at more than 50 campuses nationwide, it's a smart investment in your students and your university's reputation.

THE BENEFITS OF INSIDETRACK COACHING

For universities

InsideTrack provides a single program that advances your mission of successfully educating more graduates, while also improving retention. What's more, making InsideTrack Coaching available at your institution can help to strengthen your reputation and ranking by communicating to parents and students your commitment to student success and your position on the leading edge of innovation in higher education.

Once students have started with InsideTrack Coaching, InsideTrack's reporting helps you to develop a clear understanding of their experience, and to evaluate any changes InsideTrack has recommended.

For students

InsideTrack offers a structured program to help students improve effectiveness in and out of the classroom, while building leadership skills. InsideTrack coaches serve as a knowledgeable resource that helps students develop goals for the future and the plans for achieving them. Coaches also encourage students to get the most out of their college experience by participating in extracurricular activities and special programs, and better utilizing campus resources.

THE RESULTS OF INSIDETRACK COACHING

InsideTrack's formal evaluations of participating institutions demonstrate that InsideTrack Coaching can produce retention gains of 5-7%, compared to an uncoached control group. This outcome compares favorably with many other retention solutions, such as other forms of counseling. Retention, however, is only one of the success metrics institutions should consider when evaluating InsideTrack Coaching. →

Our reputation precedes us

"I've been able to use the data collected by InsideTrack in academic affairs and at the cabinet level ... to inform our conversations about retention. We also know that students who were coached in the fall registered at higher levels than the non-coached students. And students who've come through this are talking differently about themselves and being more clear about their goals."

Dr. Susan Borrego

VP of Student Affairs
CSU MONTEREY BAY



"The InsideTrack program is simply outstanding! Their willingness to spare no resource to get the job done has been more than impressive. A commitment to teamwork and a willingness to be flexible in addressing our specific needs resonated throughout all of our meetings."

Doug Waddell

Director of Advising
FLORIDA STATE UNIVERSITY



"We feel the support provided by InsideTrack gets students more involved and integrated with Chapman, both academically and socially. We've also seen the program increase students' motivation to succeed, interest in attaining a college education, self-confidence and identification with people who serve as role models."

Saskia Knight

Former Vice President and Dean
of Enrollment Services
CHAPMAN UNIVERSITY



250K+

STUDENTS HAVE BEEN
COACHED BY INSIDETRACK

50+

CAMPUSES HAVE
IMPLEMENTED INSIDETRACK

Depending on the level of commitment that your university makes, InsideTrack Coaching programs can also deliver financial paybacks of 300% to 500%, or more, through retained tuition. This savings makes revenue available for investment in other programs and resources.

What's more, InsideTrack Coaching promotes better utilization of existing campus resources. Most of InsideTrack's partners have made significant investments in resources to enhance student experiences and to generate key outcomes. These investments include first-year experience courses, academic support centers, staff to support key populations, advising, and more. InsideTrack Coaching is an excellent way to generate higher-levels of interest in and more use of these valuable resources. Studies at participating universities indicate that increased engagement as a result of InsideTrack Coaching makes students not only more satisfied with their university experience, but also perform better academically.

INSIDETRACK COACHING METHODOLOGY

InsideTrack partners with universities to deliver InsideTrack Coaching using a proven methodology. This methodology is supported by a comprehensive training and certification process for coaches, expert program management, and innovative web-based, goal achievement software for students. InsideTrack provides and manages the coaching staff, and handles the entire implementation process, including student and parent communications, coaching staff orientation, and program administration. During the initial implementation phase, which can take as little as six weeks, InsideTrack will conduct a site audit and will develop a service delivery plan focused on maximizing the impact of success coaching for students at your university.

Once InsideTrack has implemented InsideTrack coaching in close partnership with your institution,

a Campus Director assigned exclusively to your institution, will work with you on an ongoing basis to communicate real time student feedback as coaches are hearing it directly from students. For example, this can include "drop analysis," providing feedback to you about any students who withdraw.

Forming the core of the student-coach relationship itself are InsideTrack's Seven Success Drivers, which are grounded in extensive research. The Seven Success Drivers include:

- Commitment to Graduation
- Managing Commitments
- Finances
- School Community
- Academics
- Effectiveness
- Health and Support

Activating the power of the Seven Success Drivers is RightTrack, InsideTrack's proprietary tool where students can set and track goals, chart progress, and set reminders for important events, which they then review with their InsideTrack coaches.

COACHING IN PRACTICE

InsideTrack's coaches are selected after an intensive screening and selection process for intelligence, concern for students, and life experience. Coaches then receive extensive training and certification. They meet with students in 30 minute one-on-one sessions, initially on campus, and then over the phone from InsideTrack's coaching centers in San Francisco and Portland. During sessions, coaches review the Seven Success Drivers, as well as personal goals, and help students plan ahead for the upcoming week. Over the course of the academic year, these sessions, and their resulting rapport with coaches, help keep students engaged and excelling.

InsideTrack Coaching program outcomes

- A 20% reduction in attrition
- A strong bond with the university and a high level of student commitment to graduation
- A more effective, engaged and proactive population of students working to achieve clear goals
- Actionable insights that improve the admissions process and student experience