



STUDENT MENTORING AND COACHING

College is four years of adventure. It's four years of challenge. And it's four of the most important years in the lives of international students juggling academic expectations, a different culture and living away from family while preparing for adulthood. Loneliness and isolation can cause many students to falter.

Sprinkle Caldwell's mentoring and coaching program helps international students navigate such difficulties and find collegiate success – academically, socially and personally.

How does it work? An experienced, caring coach meets regularly with the student – ideally once a week – to discuss goals and achievements and to assess progress, identify challenges and plan next steps. We use a holistic and personalized approach and combine encouragement, structure, expectations, discipline and suggestions to help each student build a rich full life.

Our curriculum provides support to new and current college students in areas including:

- Establishing and refining goals and ambition
- Cultivation of community involvement
- Creation of and attention to time management and utilization
- Balancing responsibilities such as study, recreation, activity and family
- Encouragement of health lifestyle (fitness, health, nutrition)
- Processing and prioritizing of deadlines and expectations

Does it work? Yes! People who have used professional personal and business coaches report significant positive changes in their lives. A 2012 study found that 80% of coaching clients had improved self-confidence, 73% had improved relationships, 72% had improved communication skills, and 67% had improved life/work balance.

Why our international focus? I have mentored numerous international students in my career and have great admiration for their dedication and courage in pursuing their goals. I also believe in global interaction, understanding and cooperation.

Time and finances. We sell 45-minute blocks of coaching sessions. Purchases are valid for one calendar year. Blocks are available in three sizes

- 5 sessions – \$1,000
- 10 sessions – \$1,650
- 20 sessions – \$3,100

How do I start? Register on this page and follow the directions during the registration process. Welcome aboard!