



### **Comprehensive Support**

10 personalized coaching sessions

- Multiple weekly sessions for structure and accountability
- Ideal during big transitions (Senior year, first semester of college, academic difficulty)
- Allows time for skill-building, coaching, and follow up

*\*Recommended for students who need frequent check-ins and on-going guidance*

### **On-going Support**

8 weekly or biweekly sessions

- Weekly or flexible scheduling
- Supports skill development while encouraging independence
- Great for maintaining momentum during the semester

*\*A strong middle -ground option for steady progress*

### **Targeted Support**

2 sessions per month

- Focused problem-solving and strategy sessions
- Check-ins around planning, advocacy, or specific challenges

### **Pay-As-You-Go Coaching**

- Ideal for short-term needs or specific concerns
- Sessions scheduled as needed