



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