

Executive Functioning and Student Success Coaching Fall Webinar Series



New Student & Family Programs
UNIVERSITY OF DENVER



Today's Webinar

- New Student & Family Programs Overview
- Coaching Your Students for Using Campus Resources with Student Success Coaching
- Learning Effectiveness Program (L.E.P.)
- Facilitated Q&A



Welcome!

- Feel free to say hi and put where you are zooming from in the chat!
- Take the welcome poll
- Use the Q & A feature for questions.
- The chat is open for us to share links and for connections.
- Email families@du.edu with any follow up questions.

Where to Find Slides and Recording:

- All webinar slides and recordings will be accessible on our [website](#) and in [DU Family Experience](#)
- Slides and Recording will be posted by end of day the following day from webinar
 - Today's slides/recording will be available Friday by 5pm MT



New Student & Family Programs



New Student & Family Programs
UNIVERSITY OF DENVER

Meet the New Student & Family Programs Team



Amber Cardamone
Executive Director



Brie Jutte
Director



Taylor Meneley
Assistant Director, Family
Programs



Allie Tookmanian
Assistant Director, New Student
Experience

Office Overview

New Student and Family Programs (NSFP) is committed to the successful transition of new students and families into the University of Denver campus community and the ongoing support of student success.

***Our Parent & Family Philosophy:**
We view parents and families as partners in your student's education journey. We want to work together to support your student's success.*



Family Programs



Website

DU Family
Experience

Facebook
@DUNSFP

Webinars &
Videos

Events

Week 4 Trends on Campus

Things happening around campus:

- Hockey Night Lights was last weekend and a success!
- If your student was at First Ascent or participating in recruitment, there was an additional option for them if they couldn't attend the event
- It's Munch-Week with free snacks all around campus
- Today's much burritos on Campus Green from 3-4:30
- Midterms start next



FLU SHOT CAMPUS CLINICS + NATIONAL CHALLENGE



Check Schedule

October
Wednesdays
(2, 9, 16, 23, 30)
11am-3pm



Drop-in

FREE, no appointment
flu shots
for ALL DU students
(regardless of
insurance)



On Your Way

in the Community
Commons 2600 --
near bridge
just off main
dining area



Win!

Help DU beat other US
colleges for
most doses given
by end of term!

**National Campus Flu
Vaccination Challenge**

You can also book HCC flu shot
appointments at other times via website



Health & Counseling Center
UNIVERSITY OF DENVER

du.edu/hcc 303.871.2205

*Atiana's
Foundation*



Homecoming Events

NSFP Family Events:

- **Friday 10/18: DU Palooza** 3pm-6pm co-planned with DUPB for students and families! ‘
- **Saturday 10/19: 10am-12pm Educational Sessions** in Community Commons 1700
 - Kennedy Mountain Campus beyond First Ascent and the 4D Experience and Mentorship opportunities
- **Saturday 10/19 HocktoberFEST** 4pm-6pm
- **Sunday 10/20 Family Coffee Hour** at Beans!

<https://studentaffairs.du.edu/new-student-family/homecoming>



Student Success Coaching

Email: ACE@du.edu

Website: www.du.edu/ACE



Student Success Coaching
UNIVERSITY OF DENVER



New Student & Family Programs
UNIVERSITY OF DENVER

Student Success Coaches



Avery



Bianca



Grace



**April Osborne, Assistant Director
Academic Advising & Student
Success Coaching**



Emma



Fallyn



Zainab

DU Student Success Coaching

Undergraduate or Graduate Students can meet one-on-one with a Student Success Coach to enhance their college experience.

Student Success Coaches are graduate students at DU who provide personalized support during your journey at DU. We are a program for students, by students. Your coach will support you, challenge you, and hold you accountable through individualized coaching sessions. Topics are customized to meet your needs and may include goal setting, time management, organization, study skills, and stress management.

It is **FREE** to participate in Student Success Coaching!



Student Success Coaching

What is Student Success Coaching or Academic Coaching?

Academic coaching is an ongoing partnership to help students produce fulfilling results in **their** lives. Through the process of coaching, students deepen **their learning**, take responsibility for **their actions**, improve **their effectiveness**, and consciously create **their outcomes** in life.

- LifeBound Academic Coaching



Student Success Coaching

What is Student Success Coaching or Academic Coaching?

A “Coach Approach” is built on a foundation of assumptions where the **students are the experts in their own lives** and the **coach serves as a catalyst for progress and goal achievement.**

This occurs when the coach:

- Creates a safe space to establish a trusting relationship
- Guides students to clarify intentions
- Inspires action through powerful questions
- Offers accountability to maximize progress and forward movement.

-NACADA (The Global Community for Academic Advising)



Coach the person, not the problem.

Every time you try and fix something for someone, you deny them an opportunity to solve it for themselves and learn from the situation.



Student Success Coaching



The ARC of a Coaching Conversation



Listening & Observing

Why
Am
I
Talking

Listening

- How do you **show** you are listening?
- What is the student saying? Not saying?
- Coach talks 20%, Student Talks 80%

Observing

- What are you seeing?
- 94% of communication is non-verbal

Asking Powerful or Curious Questions

- Open-ended questions
- Expands Thinking
- Helps Make Connections
- Focuses a Thought
- Shifts Perspective
- Demands further reflection
- Emotional Response

Will you regret not taking this opportunity?

What do you need to put in place to go to the Math Center again?

Where is your responsibility about this?

What will this cost you?

How to Formulate Powerful or Curious Questions:

- **Start the question with words that allow for an open-ended answer:**
 - “How...,” “When...,” “What...,” “Tell me...,” “Say more about...”.
- **Avoid starting a question with: “Did you...,” “Can you...,” “Have you...,” or “Why”:**
 - These questions require a binary answer (yes or no) and do not encourage self-reflection.
 - When coupled with a poorly chosen voice tone, these words also have a subtle inflection of accusation and can evoke defensiveness.
- **Use scaling questions:** From a numerical standpoint, determine an outcome's level of importance by using a Likert scale:
 - “On a scale of 1-10, 1 being not at all and 10 being extremely, how important is passing this final exam?”



Powerful or Curious Questions:

Consider these questions to jump-start a coaching conversation, move it in a new direction, inspire a resistant coachee/student to speak, and/or take the thinking to a new level.

What are you willing to change?

What resources do you have or already know about?

Who can help you be accountable?

If your closest friend were experiencing this, what would you say/do?

What can help your success with this assignment even better?

What do you expect of yourself?

What is stopping you?

What would it take to become focused?

If you could see the future you want, what would it look like?

What specific actions might you need to take to meet your goal?

What is one step you could take right now?

How does this action or behavior serve you?



More Examples:

Consider these questions to jump-start a coaching conversation, move it in a new direction, inspire a resistant coachee/student to speak, and/or take the thinking to a new level.

How might using the Writing Center make your class easier for you?

What are two ways going to office hours might benefit you?

What do you already know about the Language Tutoring center?

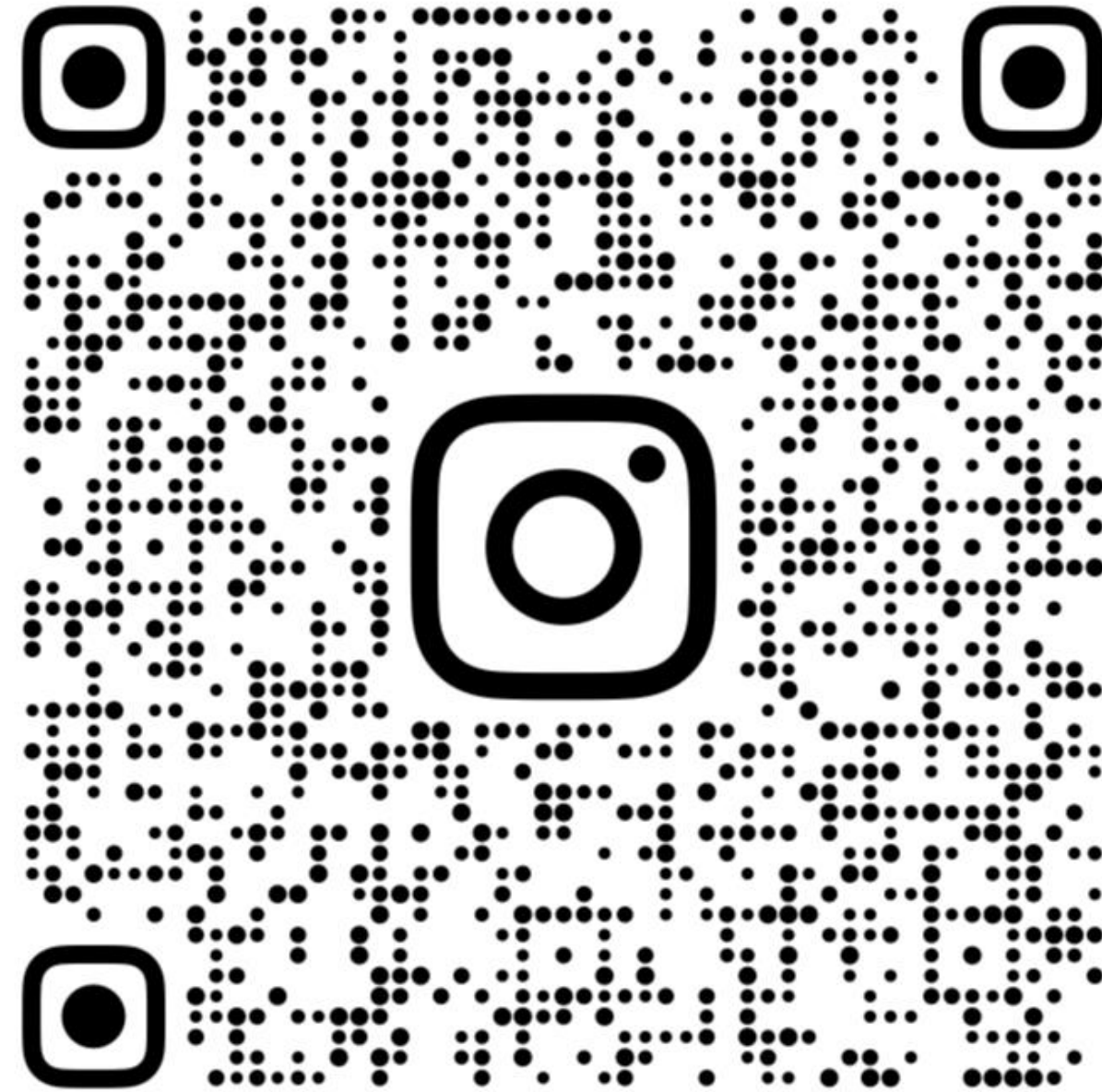
What might be the result, immediately, if you try out the Math Center?

How will you celebrate when you achieve this goal?

What would it take to become focused?



Follow Us
On
Instagram



@DUSTUDENTSUCCESSCOACHING

Learning Effectiveness Program

<https://studentaffairs.du.edu/learningeffectiveness>



Introduction



Name

• Jesse Ruderman

Role

• Executive Functioning Specialist, L.E.P.

Where are you from?

• Denver, CO

Fun Fact

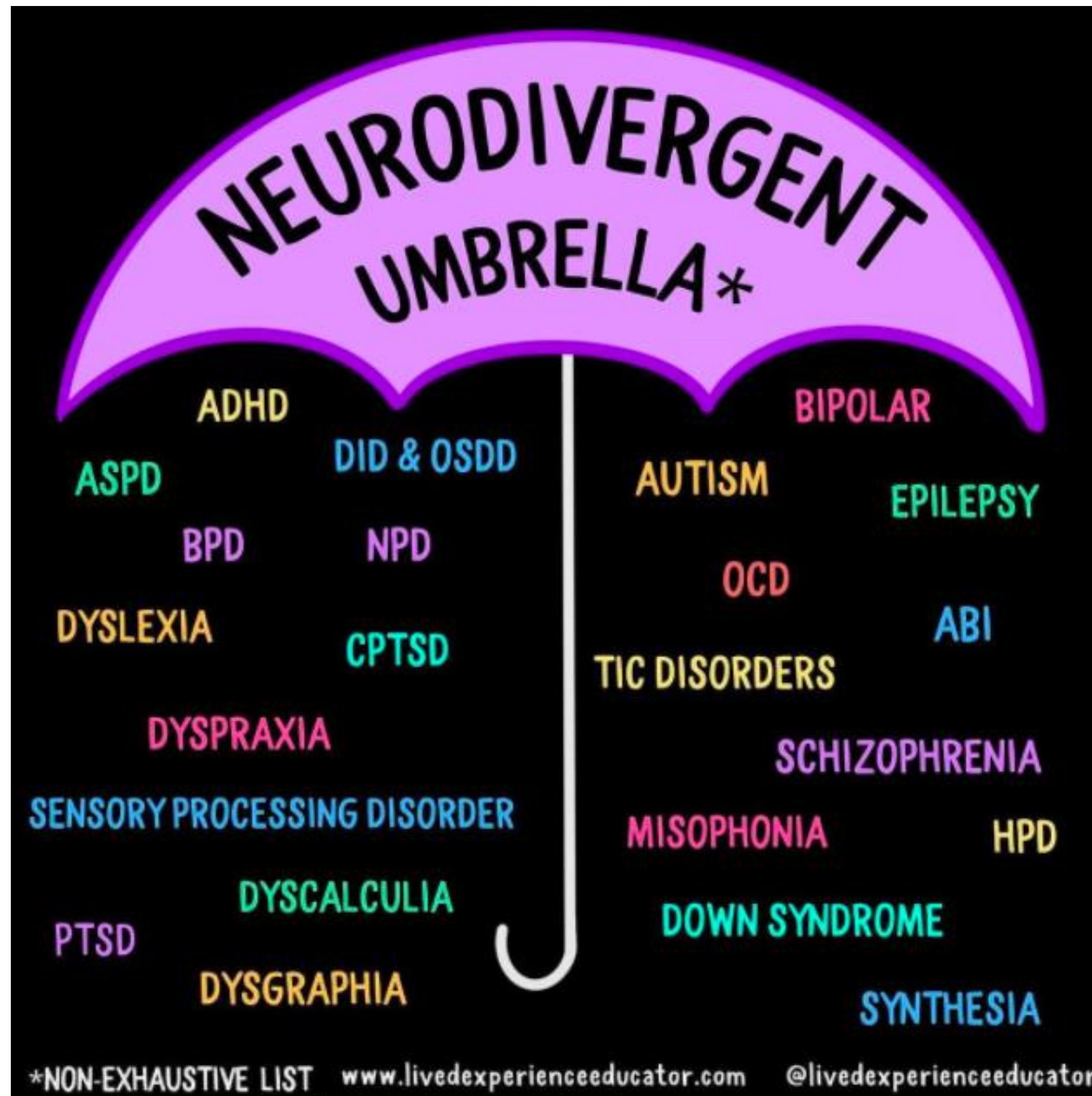
• I worked for the Denver Nuggets.

What is the L.E.P.?

A **student-driven** academic resource for neurodiverse learners including students with learning differences.

The L.E.P. recently celebrated 40 years of serving DU students and is one of the top programs in the U.S. for students with disabilities.

2024-2025: 417 students,
27 staff members



Fee for Service

The fee for LEP includes access to all of L.E.P.'s services

\$1,650 per quarter

approx. \$4850 per year for 3 quarters of services (*fall, winter, and spring*)

Separate application process

3 application time frames each year: Spring, Fall, and Winter

2024-2025

Scholarship

L.E.P.
Services

Academic Counseling

Executive Functioning Coaching

Tutoring

Events and Social Skills

What is Executive Functioning?



Executive functioning refers to a set of cognitive processes and skills that enable individuals to plan, organize, initiate, monitor, and adapt their actions and behaviors in order to achieve specific goals or tasks.

All goal pursuits require executive functions.

Executive functions play a crucial role in managing complex tasks, making informed choices, regulating emotions, and maintaining self-control, ultimately contributing to an individual's ability to navigate daily life effectively and adapt to changing circumstances.

E.F.'s are the brains air-traffic control system.

Executive Functions: Cognitive

Time Management:

- Plan and Prioritize
- Self-care (Sleep and Eat)

Task Monitor:

- Assess and interpret assignment criteria
- Map out steps and monitor progress
- Meet deadlines

Organization:

- Living space
- E-mail/ Canvas calendars

Executive Functions: Behavioral

Inhibit:

- Control impulses
- Make informed choices

Shift:

- Perspectives
- Problem solve
- Transition from task to task

Emotional Control:

- Recognize and regulate

Executive Functions: Behavioral

Self-Monitor:

- Impact of behaviors on self and others

Initiate:

- Begin a task independently
- Self-accountability

Working Memory:

- Hold information in mind for the purpose of completing a task
- Manage attention for recollection

What's the Difference between S.T.M. and W.M.?

Short term memory (S.T.M.) is the brain's temporary storage system; it holds a small amount of information for a brief amount of time.

Working memory (W.M.). stores information temporarily while manipulating and processing the information to complete specific cognitive tasks.

Short term memory is considered part of working memory.

S.T.M = Digit Span Recall: 87#'s: 873651816

W.M. = Manipulating and processing digits: pick any number, double it, add ten, divide it by two, and then subtract the original number...

The answer is always five.

THANK YOU



lep@du.edu
303-871-2372
[Bit.ly/DULEP](https://bit.ly/DULEP)



Academic Resources

- **Writing Center:**
academicaffairs.du.edu/writing/writing-center
Free, 45-minute consultations, staff discuss the students work and to help them hone their skills and practices.
- **Science and Engineering Center:**
<https://du.digication.com/scieng>
Tutoring for first and second-year biology, chemistry, physics, and engineering lecture and laboratory courses.
- **The Center for World Languages and Cultures**
liberalarts.du.edu/cwlc/tutoring
Language Tutoring
- **The Math Center**
science.du.edu/math/math-center
Provides a place to study, to do homework, and to ask questions of fellow students and TA's. Students are encouraged to work with other students in the same class.
- **The Research Center**
library.du.edu/research-services
One-on-one research consultations offers expert guidance through the research process from refining a topic to finding and evaluating relevant sources to creating a bibliography.
- **Student Disability Services (SDS)**
studentaffairs.du.edu/disability-services-program
Provides or facilitates a range of accommodations for students with a documented disability.



Other DU Resources

- Health Promotion: du.edu/thrive
Suicide prevention and mental health promotion programs
- CAPE: du.edu/cape
Free & confidential services for survivors of sexual assault, relationship violence, stalking, and sexual harassment
- Collegiate Recovery Community (CRC): du.edu/crc
Support for students in recovery
- Student Outreach & Support: du.edu/student-support
SOS referral form, Student Assistance Fund, medical leaves and reentries
- DU Food Pantry
du.edu/sustainability/content/sustainability-du-food-pantry
- Career & Professional Development
career.du.edu
Help with resumes/cover letters, internship & job search, grad school applications and more



Thank You!

Visit du.edu/ACE to learn more about Student Success Coaching

Email: ACE@du.edu or April.Osborne@du.edu

Book an Appt!



Questions?

Please use the Q & A feature for our facilitated

Question and Answer time.



New Student & Family Programs
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Stay in the loop - Check out The DU Family Experience!

Have you joined our DU Family Experience community yet?

If you did not receive an email invitation, sign up here:

https://du.campusesp.com/users/sign_in

The screenshot displays the 'DU Family Experience' website. At the top left is the DU logo and the text 'UNIVERSITY OF DENVER | Family Experience'. On the right side of the header are icons for a calendar, a notification bell, and a user profile. Below the header is a navigation menu with categories such as 'Current Families Communities', 'DU News', 'Parent & Family News', 'Student Success', 'Financial Aid & Scholarships', 'Health, Wellness, & Safety', 'Career Development', 'Campus Life', 'Housing & Residence Life', 'Athletics', 'Diversity & Inclusion', 'Accessibility Resources', 'Fraternity & Sorority Life', 'Prospective Parents & Families', 'First Year Families', 'Second Year Families', 'Third Year Families', and 'Fourth Year and Beyond Families'. The main content area features a large image of a DU building with a red sky, followed by a post titled 'Disability Accommodations' with a text snippet: 'As part of our commitment to creating an atmosphere of inclusivity and diversity, we support our students as they participate in our programs, courses and activities. Our Disability Services Program is an essential element of this effort. Upon acceptance to the... read full article'. Below the post is a comment box with a 'Write a comment...' placeholder and a profile picture of a woman. At the bottom of the main content area is a landscape image of mountains. On the right side, there is a 'Calendar' section with events for September 01 (Fall Quarter Financial Aid Disbursement), September 04 (Labor Day), September 05 (Fall Financial Aid Refunds Generated), September 09 (Class begins - Autumn Quarter), and November 17 (Class ends - Autumn Quarter). Below the calendar is a 'Resources' section with links to 'DU Website', 'Financial Aid', 'DU Academics', and 'Living at DU'. At the bottom right is a 'Support' section with the text 'Need help? Feel free to contact us by phone or email using the information'.





Fall Webinars

- **Thursday, October 31st at 2pm:** Supporting your Student's Mental Health
- **Thursday, November 7th at 2pm:** Spiritual Life at DU
- **Thursday, November 14th at 2pm:** Second-Year Families: Introduction to Study Abroad Process

Recordings from summer webinar posted here: <https://studentaffairs.du.edu/new-student-family/content/du-family-webinar-series>



Stay Connected with New Student & Family Programs!

Phone: 303-871-6080

Email: families@du.edu

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facebook.com/DUNSFPP

Join the DU Family Experience!

See you this weekend at Homecoming!

