

# Welcome to **GOALS<sup>2</sup>**

Added support for high school and college students in achieving their academic and personal goals through **one-on-one virtual coaching sessions.**



## **What is GOALS<sup>2</sup>?**

GOALS<sup>2</sup> is a program designed to help you meet your **academic and personal goals**. GOALS<sup>2</sup> helps students **identify and implement strategies** to achieve these goals through supportive conversations.

GOALS<sup>2</sup> services are available to high school and college students who are college-bound or planning their transition to work.

## **COMMON STUDENT GOALS:**

- Time management
- Stress management
- Scheduling
- Strengthening relationships
- School/work/life balance
- Financial management
- Improving sleep
- Eating healthy
- Exercising
- Organization



## What Students Say About GOALS<sup>2</sup>

The program definitely helped me improve my time management skills to get my grades where they are now.

It really had an overall positive impact academically, personally and for my future career.

I am more productive and proactive in getting my own things done.



### Who will you work with?

The GOALS<sup>2</sup> program is run by occupational therapy students and practitioners.

### What is Occupational Therapy?

Occupational Therapy (OT) is a profession that supports people of all ages in doing the things that they want or need to do in order to live healthy and meaningful lives.

**All sessions are FREE and done REMOTELY by Zoom or phone.**

### What Do GOALS<sup>2</sup> Services Look Like?

Your first session with GOALS<sup>2</sup> will focus on getting to know one another. We will ask questions designed to help us understand how to better tailor your future sessions to meet your needs and address your goals.

Each session begins with **checking in** with you about the past week. Then, we **brainstorm strategies** that may help you achieve these goals, and you **create an action plan**—what you want to try—until your next session.

Sessions last between **45 to 60 minutes** and students typically meet with us **once a week**.

### CONTACT US //

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