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The College Coach Approach

EI + C = The Best You Can Be

Presented by: Steve Fishman
Lisa Decandia



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The Agenda

- What is Emotional Intelligence?
 - Characteristics of a Successful Student
 - Benefits of EI + C
 - College Coach Approach
 - Strategies for EI
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What is Emotional Intelligence?

EI = Emotional Intelligence

“Is a learned ability to understand, use and express human emotions in healthy and productive ways.”

“The capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships.”



– Low and Nelson
– Goleman
– “an array of non-cognitive (emotional and social) capabilities, competencies and skills that influence one’s ability to succeed in coping with environmental demands and pressures”
–

Rueven Bar-On

EI Competencies

- Intrapersonal Realm
 - Emotional
 - Self-awareness
 - Assertiveness
 - Independence
 - Self-regard
 - Self-actualization
 - Self-talk

EI Competencies

- Interpersonal Realm
 - Empathy
 - Social Responsibility
 - Interpersonal relationships
- Adaptability Realm
 - Problem solving
 - Reality testing
 - Flexibility

EI Competencies

- Stress Management Realm
 - Stress tolerance
 - Impulse control
- General Mood Realm
 - Happiness
 - Optimism

Why is EI Important?

“More students leave college because of disillusionment, discouragement, or reduced motivation than because of lack of ability.”

– Chip Anderson

The Impact of EI

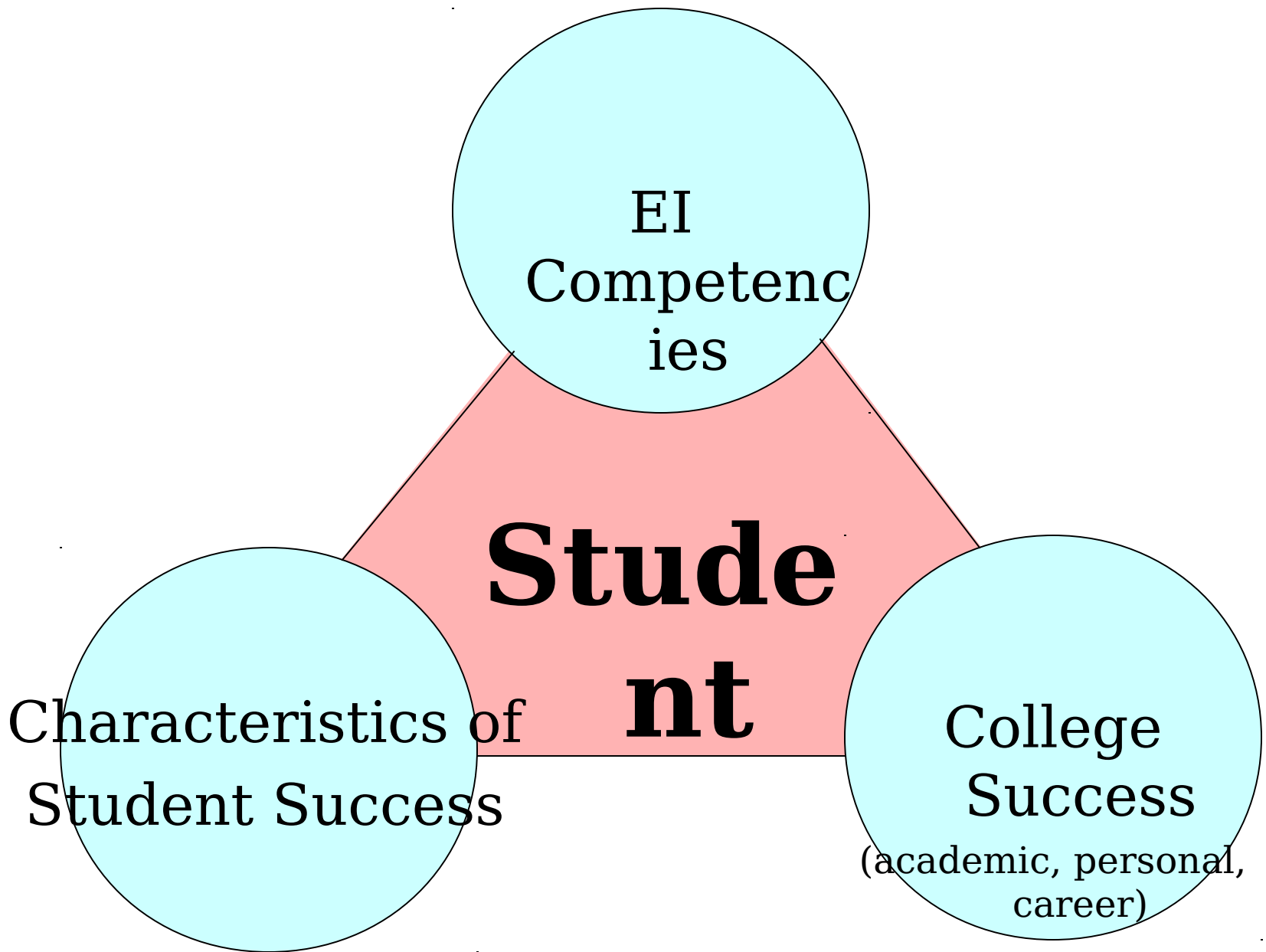
- Higher achieving students demonstrate higher total EI (interpersonal skills, stress tolerance and adaptability)
- Students who delay gratification earn higher grade point averages
- Students who respond to setbacks with hope and resilience vs. anger and hopelessness achieve higher academic and social success

The Impact on Student Success

- Academically successful students have significantly higher levels of emotional competencies, suggesting the EI plays an important role in the successful transition from secondary to post-secondary institutions. (Parker, 2005)

Characteristics of a Successful Student

- Motivation
- Self-discipline
- Communication
- Goal Orientation
- Perseverance
- Problem Solving
- Time Management
- Interpersonal
- Adaptability
- Stress Management



Benefits of EI + C

- Characteristics of a successful student and EI.
- Success goes beyond IQ!!
- EI skills will lead to academic, career and personal success.
- Do they have the ability to develop and utilize Emotional Intelligence skills?

College Coach Approach

- Professional partnership between a college employee and a student
- Meet bi-weekly up to 20 minutes
- Keep the students connected, on track, goal oriented, and motivated



College Coach Approach

- Provides an opportunity for students to discover, develop and practice EI skills
- Coach encourages student through this process
- Provides a safe environment
- Creates a valuable connection which is supportive, engaging and student-centred



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College Coach Approach

- Is not counseling, therapy, consulting, or advising
- Utilizes questions and listening methods, clarification of issues, and creating options
 - Imparts specific strategies and skills to empower students towards their goals
 - Refers students to other college services and resources as required



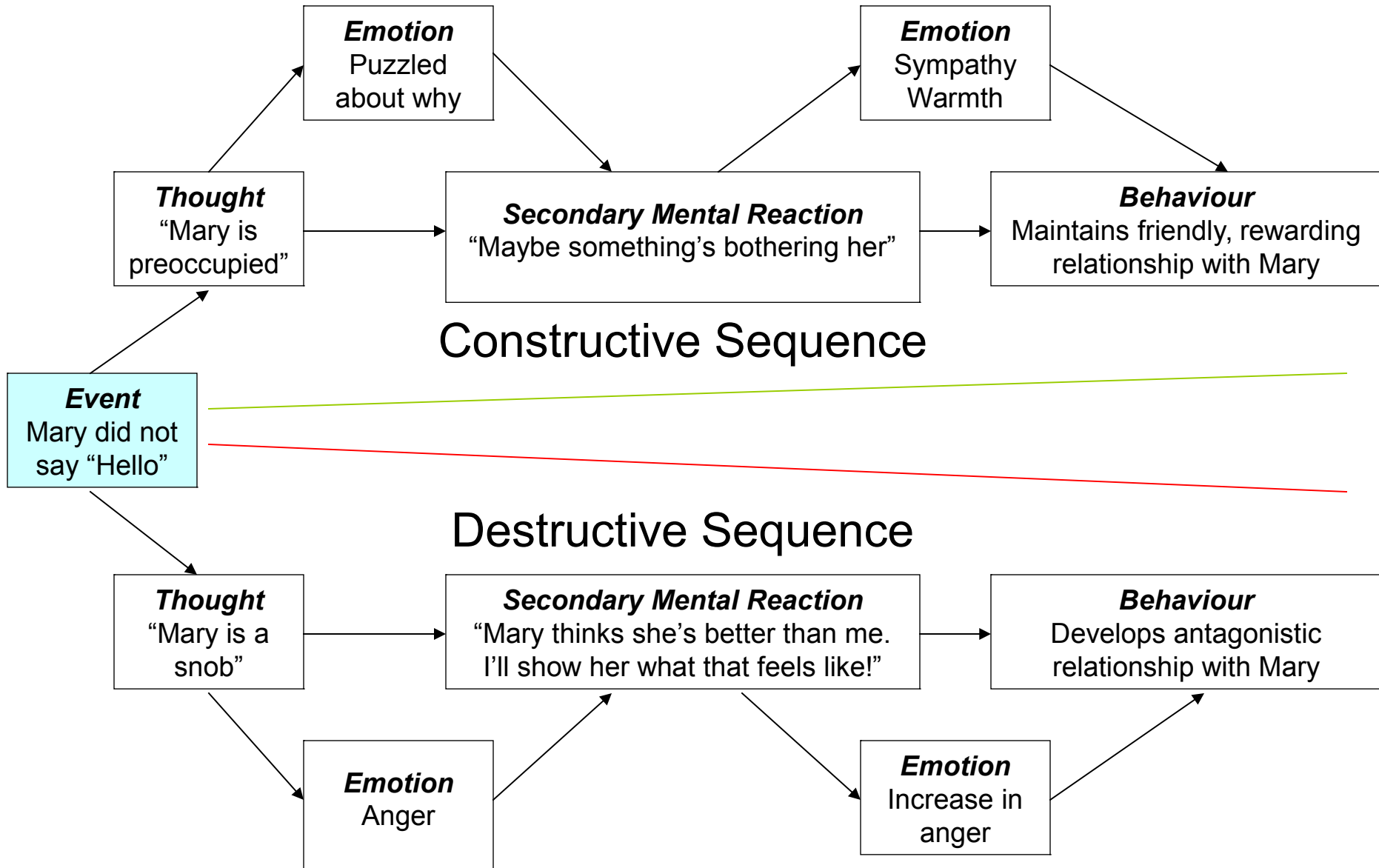
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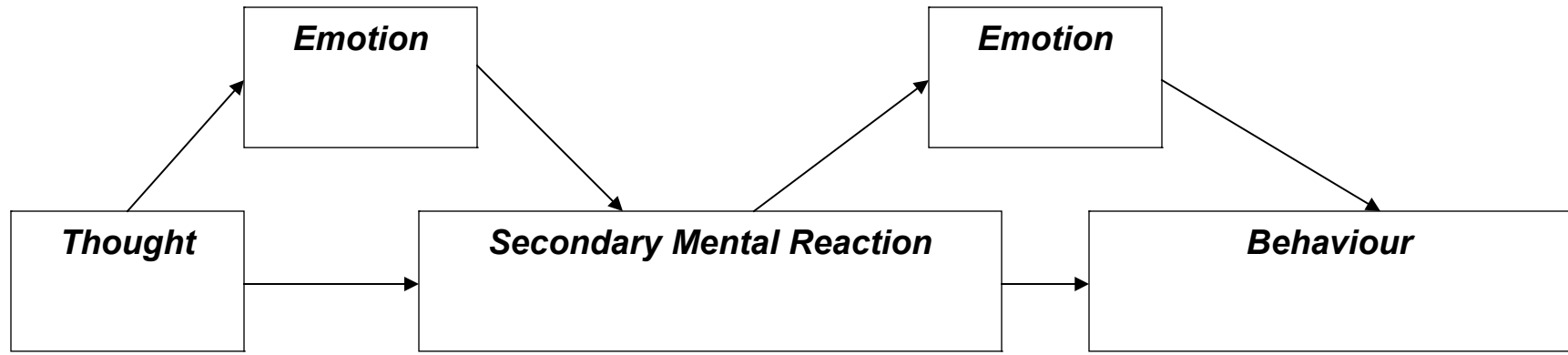
Strategies for EI

- Self-Management – impulse control, stress management, time management, goals
- Adaptability – Connect with others, be open to new ideas, go with the flow
- Communication – pro-active, positive self-talk, clarify issues, college resources

Good Morning Mary...

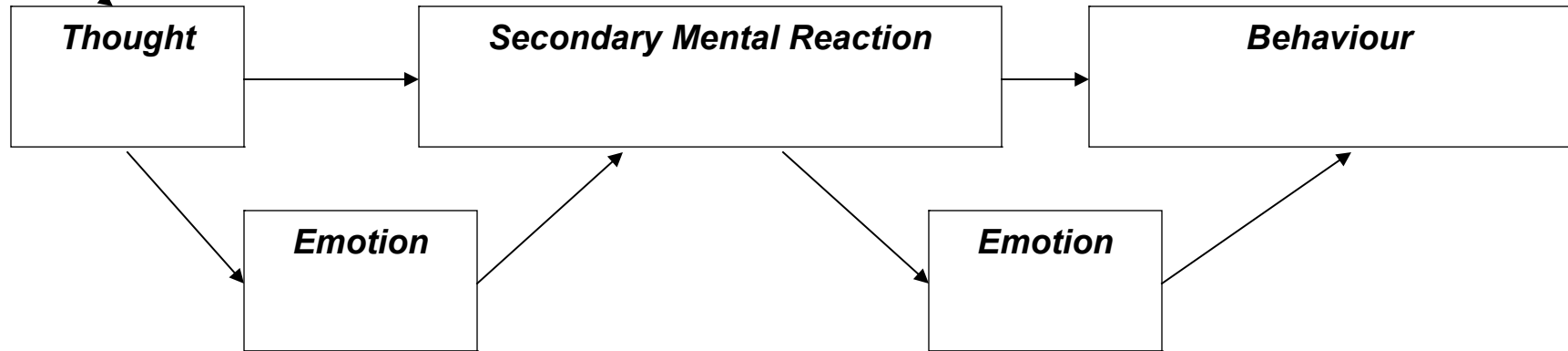


You are late to class...

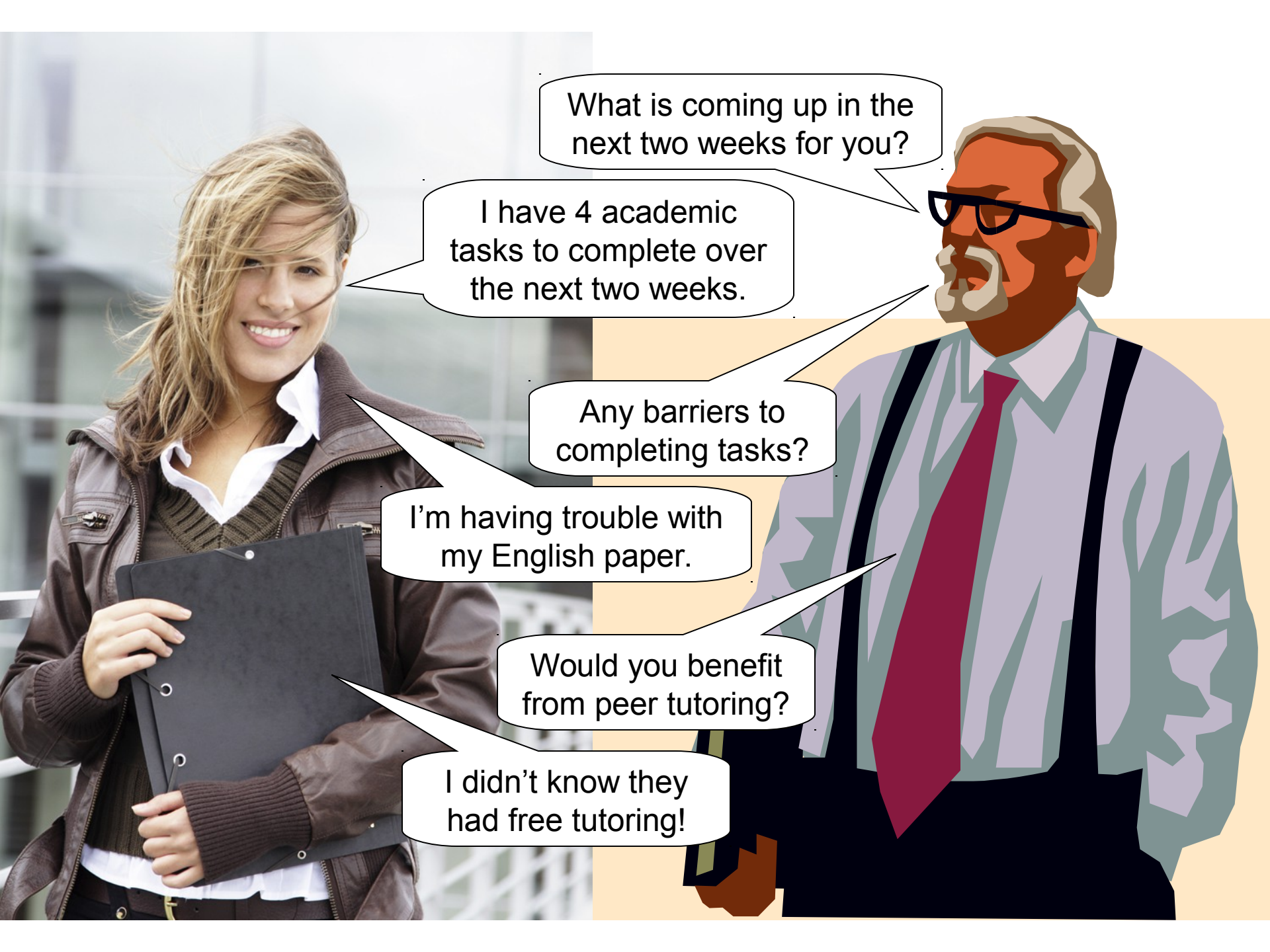


Constructive Sequence

Event
Your teacher
glares at you



Destructive Sequence



What is coming up in the next two weeks for you?

I have 4 academic tasks to complete over the next two weeks.

Any barriers to completing tasks?

I'm having trouble with my English paper.

Would you benefit from peer tutoring?

I didn't know they had free tutoring!

College Coach Training & Support

- Training sessions
- College Coach Manual
- Success @ Coaching online portal
- Lattes with Lisa
- PD Opportunities
- Monthly prizes
- Ongoing support
- College Coach Week



Our SUCCESS

Administration Feedback

- *“As a result of the student-coach relationship our students made significant progress in their ability to take responsibility, communicate with professors, manage their school and personal tasks, solve problems, reach out to the college services when needed and to persevere through the challenging times”*
- *“Thanks to our College Coaches, our students feel welcomed, engaged and encouraged to succeed in their studies and all aspects of life”*

Student Feedback

- Positive attitude toward college studies
- Higher levels of self-confidence
- Increased motivation
- Increased ability to connect with others
- Increased academic and personal achievement
- Sense of responsibility towards

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career and personal life tasks

- Increased ability to manage time and

Program

Highlights

- Significantly contributes to student success and college retention
 - Engages a diverse and sizeable employee population
 - Promotes the development of emotional intelligence skills
 - College culture that reflects a sense of connection and pride
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- Requires minimal employee time

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EPI 2009 Outstanding Retention Program

Contact Information

Lisa Decandia:

lisa.decandia@senecac.on.ca

416-491-5050 ext.2923

Steve Fishman:

steve.fishman@senecac.on.ca

416-491-5050 ext.2923

www.senecac.on.ca/success

