

LiveWell Newsletter



March - Intellectual Wellness

Explore new ideas, engage in forward, independent thinking and problem-solving, seek out challenges, lifelong learning and opportunities to share knowledge.

Brain Dump for Academic Success

Link to article down below



The Coastal Student Success Center is:

- Academic Coaching
- The Math Learning Center
- The Writing Center.

All offices are located in Kearns.

Academic coaching helps students with big picture academic skills like time management, note-taking, study tips, testing, and academic anxiety. We can also help with preparing for office hour visits, navigating Moodle, and understanding professor expectations. Academic coaching offers 1-1 appointments with a coach to focus on your needs.

You can book an appointment below!

Have a test coming up? A group project? Try **Group Coaching!** Your study group can meet with a coach for a guided study session or your project group can meet with a coach for more effective group work!

Link to book down below!

Watch our Instagram [@ccuacademiccoaching](#) for group coaching opportunities focused on a particular topic, like time management or finals prep. You can also visit our Moodle resource page for some of our most popular study aids

[Moodle](#) > [Other Sites](#) > [Resources](#) > [Academic Coaching](#)

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