

## **Katy, 19 years old, university student**

“My goal is to be a doctor. This interest comes from my own lifetime of medical care starting at birth. I was born with congenital birth abnormalities, both of which required surgeries. I was diagnosed with ADHD in high school but am unable to take any medication due to other health issues. My 1<sup>st</sup> semester of college was a disaster because I took on too many higher-level classes. I became overwhelmed triggering a tendency to shut down. I need to learn better study habits and to do a better job with time management. Finally, I need to believe in myself,-to know that if I work hard & smart I will get my degree & achieve my goal in the medical field.”

### **Katy & I developed these goals for our work together:**

- To prevent the "shutting down" that occurs when she's overwhelmed by working preemptively on breaking down the workload into incremental steps.
- To layout a long-term monthly calendar on which we plot out the major tests, papers, & projects & prioritize use of time.
- To determine optimal time & place for study for each class.
- To determine what the "time wasters" are & either eliminate or reduce them in light of workload.
- To ascertain which campus resources, i.e. tutors, etc. need to be utilized, when, & how often.
- To maintain a strong level of self-confidence in order to appreciate the successes & to be able to regroup when beginning to feel defeated.

### **Katy's passion to become a doctor, along with her determination has been a joy for me as her coach! During our time together, she used her abilities:**

- To keep & follow a monthly planner to learn to anticipate & break down the study & work process into manageable parts
- To understand better her personal body clock in order to optimize times for different activities and responsibilities
- To schedule well in advance meetings with professors & tutors to ensure understanding of content progressively
- To prioritize personal & family activities relative to academic responsibilities
- To practice positive self-talk & affirmation in order to maintain momentum & motivation