



## TRANSFORMING STUDENT ACCESS TO ACADEMIC RESOURCES WITH STUDENTLINGO

Over the past year, ATPA students have embraced a new resource, earning 297 digital certificates for completing self-paced workshops and podcasts through StudentLingo. Students were able to choose from over 50 workshops and podcasts with a wide array of topics, such as exam readiness, study skills, test anxiety, financial literacy, stress management, academic communication, and more. Developed and led by higher education professionals from coaching and tutoring programs, wellness centers, advising offices, and more, the self-paced, online workshops expand access to students in several ways: they take less than 30 minutes to complete; offer English, Spanish, French, and Amharic captions; and can be paused, resumed, and returned to at any time.



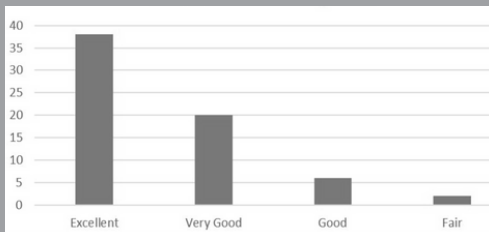
### ATPA students earned 297 workshop certificates through StudentLingo last year

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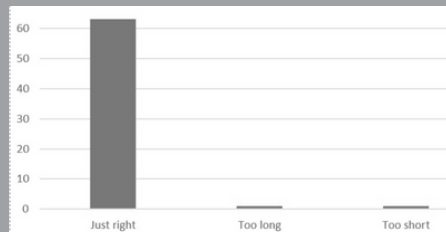
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### Students praise self-paced workshop topics, length, and flexibility

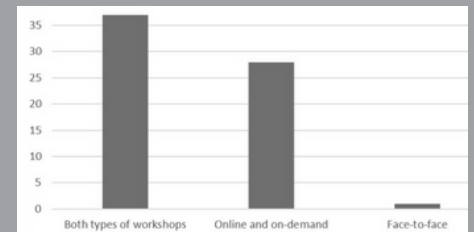
Overall, the workshop was:



The workshop length was:



Type of preferred workshop:



A year later, student feedback and dashboard data highlight strong appreciation for the flexible and accessible workshop offerings. In post-workshop surveys, students rated the topics, length, and format highly, showing a clear preference for shorter sessions and a mix of online and face-to-face options. They valued the 24/7 access and the help to apply what they learned through post-workshop action planning activities. Content views spiked during critical times like midterms and finals, indicating that students may be seeking additional support with minimal barriers to participation during stressful periods. ATPA has renewed StudentLingo for another year, which can be accessed by all students and employees at [studentlingo.com/montgomerycollege](https://studentlingo.com/montgomerycollege) with MyMC credentials.



**I learned that we should not let failure take over our capability to achieve great things. Also, it is important to talk about our failure because doing that helps reduce anxiety, fear, and stress.**

Regine Fokou, Education Major, Takoma Park/Silver Spring Campus

A Student Lingo Workshop in Action!

# LEARNING STRATEGIES EVERY STUDENT SHOULD KNOW



Presented by Dr. Saundra Yancy McGuire  
Author of the seminal work, *Teach Students How to Learn*,  
Director Emerita of the Center for Academic Success, and  
retired LSU Assistant Vice Chancellor and Chemistry Professor

## Introduction

“To excel in college, you need different study methods than in high school. Understanding the difference between studying and learning is key. This workshop introduces metacognition and provides strategies for applying it to your study habits. You will review the difference between learning high school vs. college material, studying vs. learning, what is metacognition, the study cycle, and wrap up with action strategies for success.”

1 Students choose from diverse workshop & podcast topics

2 Students participate in brief, interactive modules

3 Students reflect and connect

## Lesson

There are five steps to the study cycle, the first being previewing information that you have to learn before you go to class. And previewing takes very little time, about ten minutes if you do it correctly, just look at the bold-faced print, italicized words, any charts and graphs, so that you give your brain an overview of what it’s going to learn...

## Action Plan



### Part 5: Self-Assessment

For each step in The Study Cycle, check yes if this is something you consistently do, sometimes if it is something you do but not consistently, and no if you never do it.

- Preview information before class:  Yes  Sometimes  No
- Go to class:  Yes  Sometimes  No
- Review information/notes as soon as possible:  Yes  Sometimes  No
- Do intense studying:  Yes  Sometimes  No
- Assess your studying:  Yes  Sometimes  No

### Part 5: Take action!

Think about some courses in which you are struggling or not doing as well as you would like. For each one, provide the name of the course, what you believe the issue is (e.g., do not know how to study the material; the reading is complicated; not performing well on tests), and what strategies you plan to use to try to improve your performance. Answer the last question when you feel you know how the strategies are working. Before you fill in the information, review the following concepts and strategies.

# FALL SEMESTER PREVIEW



## Fall 2024 Coaches Institute

Friday, August 30

**New Coaches and Coach Support Teams:** 10am-12pm

**All Coaches:** 1-3pm

Germantown BE 151/152 and Virtual

## ATPA Student Learning Community

- Learning Community Hours
- Group Coaching Communities with **\*New Offerings\***
- Self-Paced and Face-to-Face Workshops
- Special Events, like the Mentor Maryland | DC Professional Development Day

## ATPA Coaches Community Monthly Seminars

- Tuesday, September 24 6-7:30 p.m.
- Wednesday, October 23 6-7:30 p.m.
- Friday, December 6 1-2:30 p.m.

# Annual Student Retreat

RSVP

CLICK HERE

### What Does Our B.E.S.T. Look Like?

(Belonging, Empowerment, Support, and Transformation)

### \*Two Options to Participate\*

Friday, September 20 (Virtual) 10 a.m. - 1 p.m.

Friday, September 27 (Rockville) 11 a.m. - 3 p.m.

All Welcome! RSVP at [linktr.ee/atpa](https://linktr.ee/atpa)

Group coaching conversation with  
Personal Academic Coach Chang Suh



# A Year in Review

## Accessible Academic Enrichment for All Students

The ATPA Student Learning Community expanded student opportunities to connect with each other, improve academic skills and habits, and engage in MC's rich academic life this year. This included a return to regular on-campus programming, student participation in conferences, engaging Learning Community Hours, and new group coaching communities like the ATPA Francophone group, led by ATPA coordinator Marie Arthus and French Professor Khady Diene, who held regular coaching conversations with students from the global French-speaking community.



Students observe the partial solar eclipse with  
Physics Coach Dr. Raymond Fermo



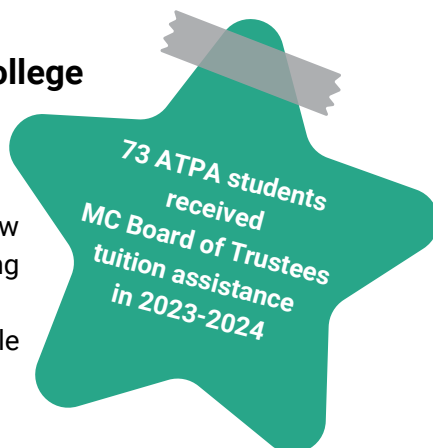
ATPA students, coaches, and staff meet with  
Maryland Senator Chris Van Hollen  
during HACU's 29th Annual Capital Forum

## ATPA sponsors student participation in the Hispanic Association of Colleges & Universities 29th Annual Capitol Forum

ATPA supported students to participate in the Hispanic Association of Colleges and Universities 29th Annual Capitol Forum in April. As part of HACU's inaugural HSInnovators track, 98 students from 10 states learned about Hispanic Serving Institutions and HACU's advocacy initiatives, while preparing for a Congressional briefing incorporating their personal narratives as Latino, first-generation, DACA recipients, and/or Pell Grant beneficiaries.

## Bold Future: New opportunities for academic support at Montgomery College

As part of recent Academic Affairs restructuring, ATPA joined the newly-established Equitable Access and Student Success unit this summer, under Associate Senior Vice President Dr. Michael Mills. Along with MC's Learning Centers and MC Online, ATPA is now part of the Academic and Online Support unit, led by Dean Shinta Hernandez. In the coming year, ATPA will continue to provide proactive and targeted academic coaching support, especially for students historically marginalized and underserved in higher education, while working with our partners to build the future of MC's academic support network.



73 ATPA students  
received  
MC Board of Trustees  
tuition assistance  
in 2023-2024

## Partnerships in action: Presidential Scholars graduate from MC

Students in the Presidential Scholars Program celebrated a major milestone with their ATPA coaches last May: graduating from MC! With the program's mission to increase the number of Black and Brown males in high-wage, high-demand careers, this milestone represented significant progress toward that ultimate goal. During the ceremony, Scholars demonstrated how the program fosters not only individual growth but also collective impact, as they recited the Scholars creed and celebrated each brother's accomplishments as much as their own. ATPA looks forward to continuing to be a partner in MC's commitment to increasing the representation of these Scholars in top-tier career fields, while also fostering a supportive community for all participants dedicated to these goals.



ATPA and PSP partner to build a transformative community of coaches, mentors, and advocates for MC Presidential Scholars



Presidential Scholars celebrate becoming MC alumni at the program's end-of-year ceremony

## MC Nursing alumna pays it forward as academic coach

ATPA welcomed former Nursing faculty member and MC alumna Rashidah Francisco as an academic coach this year. Coach Rashidah serves as the embedded coaching specialist in Nursing, while also offering targeted drop-in and personal academic coaching to pre-Nursing and Nursing students. Rashidah is one of four ATPA coaches with a combined 98 years of Nursing experience, part of MC's nursing support network that includes Learning Skills Support Specialists and the Medical Learning Center, aiding MC's efforts to double Nursing graduates and address regional healthcare staffing shortages.

"Coach Rashidah Francisco definitely helped me be more confident in my test-taking abilities by offering up unique strategies to use for lecture exams as well as for the NCLEX board exams. She was very positive and empathetic and did not make learning intimidating at all."



Students celebrated their academic journeys with coaches and family at the annual ATPA End-of-Year Celebration



# Highlights & Accomplishments

## Transformational aspirations for embedded academic coaching access

Last year, Montgomery College aimed to transform the student learning experience by providing equitable access to academic coaching support in 18 high-priority courses across 9 disciplines. By Fall 2023, 100% of students in targeted biology, engineering, nursing, and physics courses had assigned coaches, while 93% in criminal justice and computer science did. **Within these courses, an average of 1 in 4 students met with their ATPA Coach 5 or more times, earning 6 to 7% higher course pass rates (74% in Fall 2023 and 73.3% in Spring 2024) compared to students overall.** ATPA continues to partner with academic departments to expand student access to embedded academic coaching and evidence-based support in AY25.



## Computer Science students learn from industry professionals serving as embedded academic coaches

In end-of-semester surveys, student Kevin Miele, a Cloud Computing & Networking Technology major, shared how embedded academic coaching in his Computer Science course inspired him to work harder in class. Working with Coach Lee, Kevin reviewed class materials and prepared for upcoming quizzes and tests, while also exploring how emerging technology will affect his future career. Because embedded academic coaches are often also working professionals, students benefit from their professional experience, as well as content expertise. As Kevin shares, **“Not only does he go over class material, but he also shares interesting new insights on technology today like quantum computing.”**

4,337 students

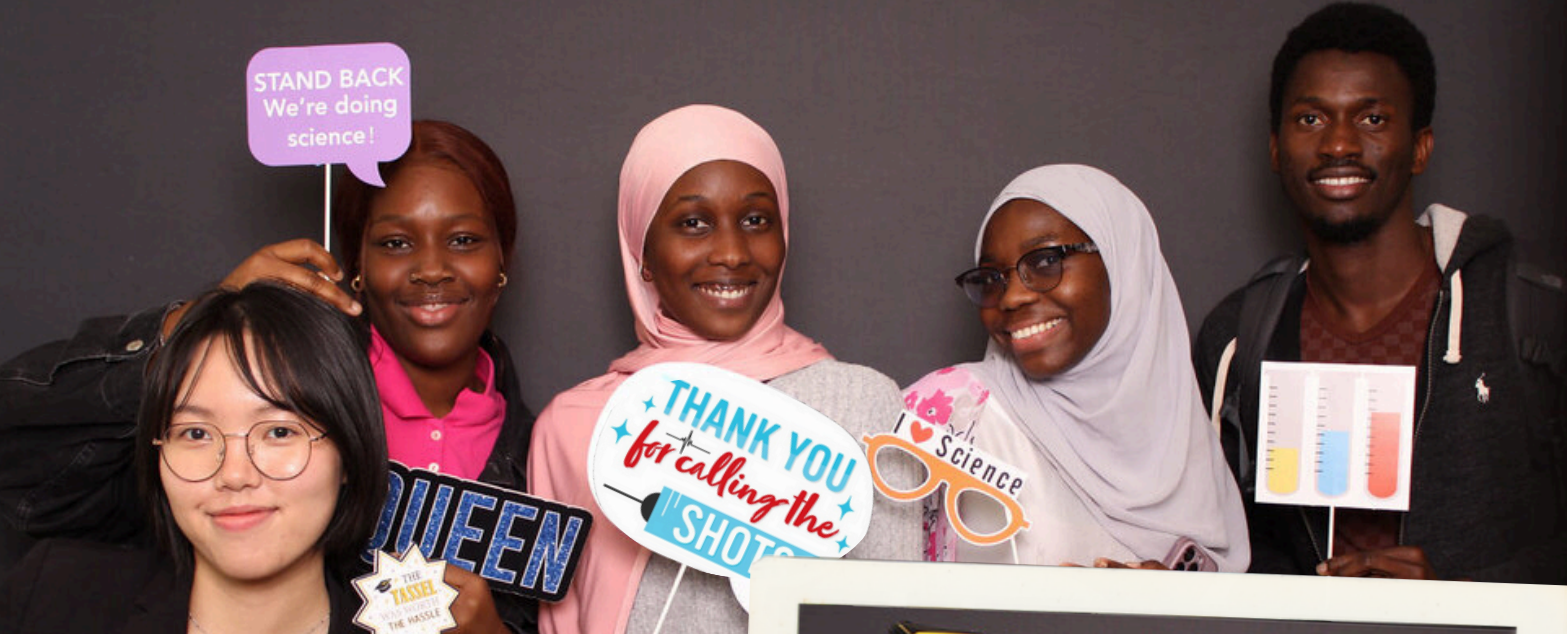
across 481 course sections participated in embedded academic coaching during the Fall 2023 and Spring 2024 semesters

## Pre-nursing student makes the most of proactive academic support to recover from initial setbacks

Pre-Nursing major Ashley Hayward shares how academic coaching support helped her persist in Chemistry 131, a requirement for entrance in MC's Nursing program, after initially struggling in the course: "Coach Neda Nikoobakht was amazing and extremely helpful! I went to her the minute the class became challenging (Day 3) and she broke everything down. [...] When she realized I didn't understand, she took it a step back, and when that didn't work she broke it down further. **I went from failing my first lecture exam to getting an A on my last lecture exam!** Without Coach Neda, I possibly would have failed the course or simply dropped it."

"Coach Lee really helped me and inspired me to work harder in class."

Kevin Miele  
Major: Cloud Computing & Networking Technology



“I can affirm that my grade is a reflection of the study habits [Dr. Ebrahimian] recommended early on in the class. She is present during many of the labs and never forgot my name!”

Zachary Dietz  
Prospective Radiology Major



367 students worked with personal academic coaches in Spring 2024, earning an average 82% course pass rate, one of the highest in ATPA's history.

## Student credits ATPA coaches for academic success, career experience

ATPA student Nikita Joan Varghese graduated in the spring semester after working with embedded academic coach Professor Lisa Nevans Locke in her English course and personal academic coach Ken Li for the past two years. As Nikita reflected during ATPA's end-of-year celebration, working with ATPA coaches helped her stay motivated over several semesters of highly-challenging courses and focus on her ultimate goal of a future career in aviation. Nikita also thanked Coach Li, a retired NASA engineer, for connecting her with internship and transfer resources that have helped her gain direct experience in her future field.



MC graduate and Excalibur newspaper staff Nikita Joan Varghese with Professor Lisa Nevans Locke. An award-winning journalist, Lisa serves as an academic coach in English courses, as well as faculty advisor for the Excalibur.

# ATPA Using Active Coaching Strategies to Help Students Improve Learning, Academic Skills

Academic coaches are using activities that engage the mind and body to help students improve metacognitive skills, adapt new habits, and foster learning mindsets.



*I had a huge revelation with Coach Sandy about reframing success and celebrating when things don't go as planned. She's helped me develop lots of strategies to help be mindful of my intentions, attitude, and curiosities.*

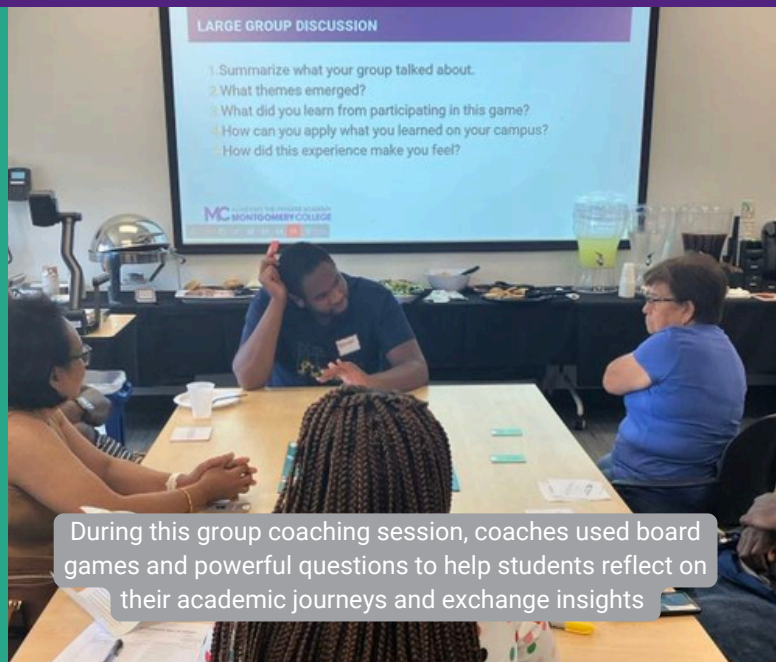
-Jackseny Pacheco, Information Science major

Academic coaches with the Achieving the Promise Academy are exploring ways to integrate physical and active learning strategies into their coaching sessions in an effort to further enhance students' academic skills, improve metacognitive awareness, and support social and emotional learning. While still adhering to evidence-based coaching strategies that promote reflection, evoke student awareness, and support student goal setting and action planning, more and more academic coaches are incorporating active learning strategies and the benefits of experiential learning to help students gain insight, foster growth, and excel in the classroom and beyond. For some learners, active, hands-on, and indirect opportunities to explore emotions and insights can be especially effective, inviting hesitant participants to engage in a different way.

As a form of social and emotional learning (SEL), academic coaching can help students develop greater self-awareness, emotional intelligence, and interpersonal skills, which are crucial for academic success and persistence toward personal and professional goals, particularly in higher education. By using a variety of reflection and goal setting activities with even simple active strategies, ATPA Coaches can engage diverse students in increasingly effective ways. Whether through discussion or hands-on activities, academic coaching encourages regular reflection and self-assessment, helping students develop and practice critical skills to handle academic and personal challenges in a supportive environment that promotes sustained learning, growth, and success.

## Incorporate Brief and Simple Active Coaching Strategies to Support Students in Diverse Ways

- Invite students to try walking, stretching, and intentional breathing during coaching discussions
- Use warm up games and check in activities to help students ready themselves for learning
- Build student awareness of mental and physical states during critical learning moments, like taking tests or when struggling to begin an assignment
- Plan for active "brain breaks" at timed intervals
- Practice periodic calming and re-energizing strategies to manage cognitive overload and stress



During this group coaching session, coaches used board games and powerful questions to help students reflect on their academic journeys and exchange insights