

The 3 Lens of Collegiate Life Coaching at Students Stress Less Coaching LLC©



Life and Wellness Skills and Habits Lens:

- We have you complete The Wellness Assessment to identify life areas that are seemingly out of balance.
- We identify what areas of college and personal life might be disrupting energy flow.
- We incorporate daily practices that help you establish life balance - primarily sleep hygiene, basic nutrition for college demands, and body movement.
- We implement markers that measure your satisfaction of wellness habits

Stress and Anxiety Management Skills Lens:

- We complete a stress and /or anxiety rating profile (scale).
- We identify what factors could be causing you to feel overwhelmed, chaotic, and defeated.
- We decide if self-defeating thoughts are accurate.
- We design your most effective stress management strategies.
- We set into place accountability and relief measurement markers.

Executive Function Skills Lens:

- We do an initial *executive function assessment* to see how deficits in any of the these 11 skills might be cause for your overwhelm.
- We design and implement effective "*systems*" and "*scaffolding*" to help support your deficits and move you through each day successfully.
- We assess how your self-management skills are working for or against you feeling productive and successful.
- We review study habits and modify to meet your academic needs.
- We look at the establishment of a flexible daily routine that involves tasks, planning, organizing, and prioritizing.
- We implement personalized exercises and strategies that increase your metacognition so you self-manage daily tasks with remarkable self-awareness.
- We pinpoint your obstacles and challenges and decide how best to move through them.
- We identify your strengths and assure you use those in every situation.

*Please note every student is different. We differentiate content, process, systems, environments, and scaffolding. using tailored instruction , to meet the individual needs of each student. Therefore, every lens may not be needed.