

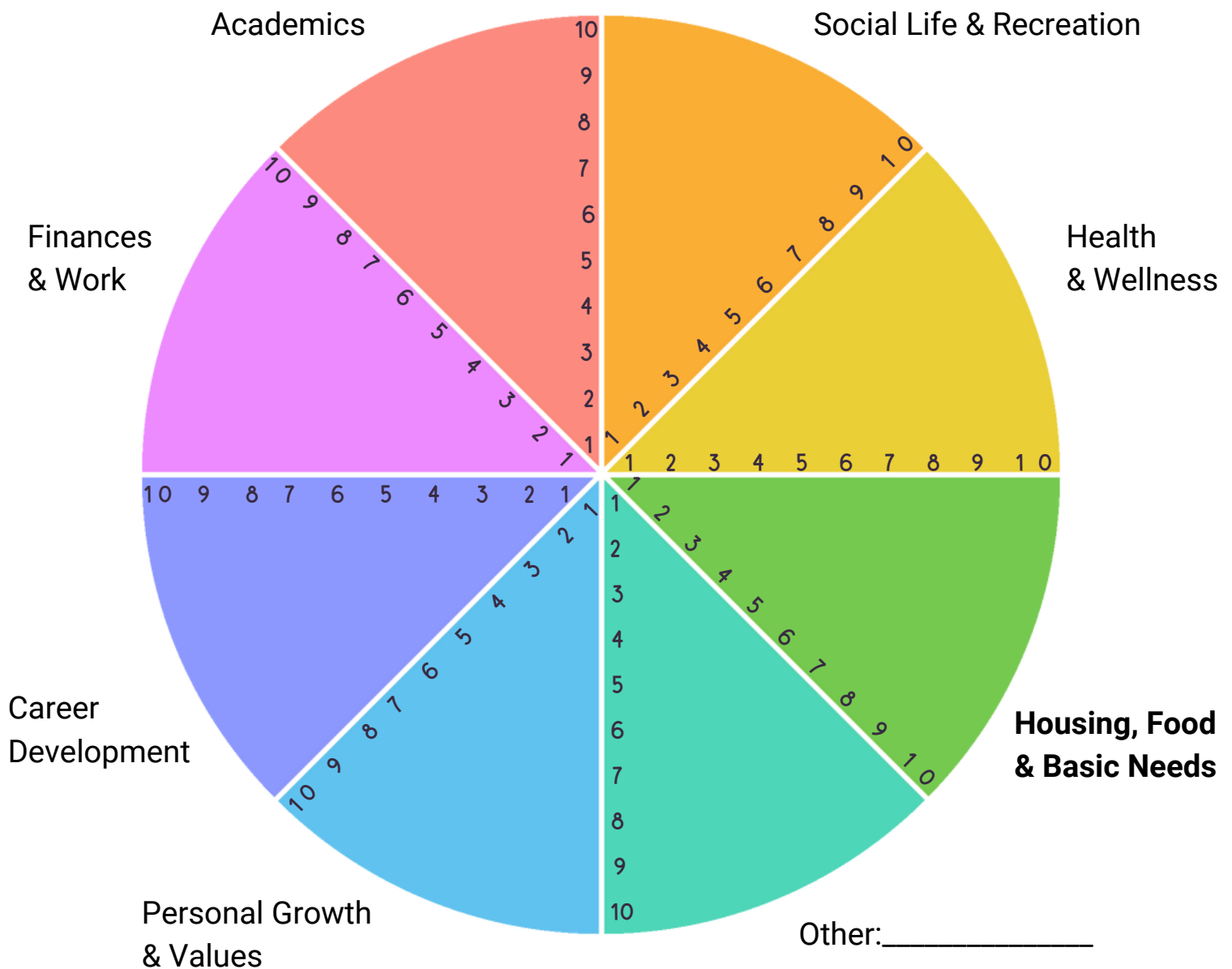
The Coaching Wheel

This coaching tool will help you reflect on your current level of satisfaction in different areas of your life. We invite you to use this visual snapshot to identify areas of strength, consider opportunities for growth, and find MC resources that can support your personal, academic, and professional goals.

Step One

Rank how satisfied you are ***currently*** in each category.

1=Very Dissatisfied; 10=Very Satisfied



The Coaching Wheel

Scavenger Hunt for Campus Resources

Step Two

Complete the table below. You can use the MC website, ask people in your support network, talk to your coach, etc...

Example: If you want to make stronger social connections, the Office of Student Life is a campus resource with student clubs, leadership programs, and engaging activities that help students form friendships and feel a sense of belonging.

Needs	MC Resources	More Information (Contact, Website)
Academics		
Social Life & Recreation		
Health & Wellness		
Housing & Basic Needs		
Personal Growth & Values		
Career Development		
Other		

Step Three

Review results with your academic coach and make a plan to use these resources.