GRIT Peer Coaching

The GRIT Peer Coaching program is committed to the development and well-being of the whole student. GRIT stands for guidance, resilience, integrity and transformation. In this program, UCLA students receive individualized support from trained peer coaches, with the aims of enhancing overall well-being and improving academic and personal success by utilizing various strategies for empowerment. This report demonstrates the impact and value of the program for coaches and participants.

2017–2018 Participant Snapshot

The following snapshot is an overview of who the program reaches and what participants got out of the program, where they receive one-on-one sessions with students to discuss stress management and mindfulness, fostering positive social connections, goal setting, academic skills enrichment and navigating campus resources.

Number of Enrolled Coachees

- Winter 2017: 65 Coachees
- Spring 2017: 52 Coachees
- Fall 2017: 72 Coachees
- Winter 2018: 64 Coachees

GRIT Coachee Survey (Winter, Spring, & Fall 2017)

Populations Represented (Note: Population data is only representative of the fall 2017 quarter)

- Transfer students (12.77%)
- Undocumented students (4.26%)
- Veterans and active military (0%)
- Students with dependents (2.13%)
- Guardian Scholars (curr.. (0%)
- Student in Recovery (4.26%)
- International student (14.89%)
- LGBTQIA+ student (10.64%)
- First generation student (25.53%)
- Non-traditional student.. (8.51%)
- No affiliation with the.. (17.02%)

Majors Represented

- Aerospace engineering
- Asian American studies
- Biochemistry
- Biology
- Civil engineering
- Computer science
- Education
- English
- Environmental science
- Geography
- History
- Mathematics
- Neuroscience
- Philosophy
- Physiological science
- Physics
- Psychology
- Sociology
Goals for Joining GRIT

Coachee stated that **Stress Management**, **Goal Setting**, and **Time Management** were the top three goals for joining the GRIT program (n = 450 responses, 108 students)

<table>
<thead>
<tr>
<th>Goal</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other (please specify)</td>
<td>2%</td>
</tr>
<tr>
<td>Relationships and communication</td>
<td>17%</td>
</tr>
<tr>
<td>Making social connections</td>
<td>13%</td>
</tr>
<tr>
<td>Navigating UCLA campus/system</td>
<td>10%</td>
</tr>
<tr>
<td>Goal setting</td>
<td>24%</td>
</tr>
<tr>
<td>Academic enhancement</td>
<td>19%</td>
</tr>
<tr>
<td>Time management</td>
<td>21%</td>
</tr>
<tr>
<td>Stress management</td>
<td>27%</td>
</tr>
</tbody>
</table>

Skills Learned During Coaching Sessions

When asked what skills coachees learned during their coaching sessions, the students most frequently selected **Positive Affirmations**, **Relationship Between Thoughts and Managing Stress**, and **Creating an Action Plan.** (n = 652 responses, 107 students)

<table>
<thead>
<tr>
<th>Skill</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other (please specify)</td>
<td>2%</td>
</tr>
<tr>
<td>Academic skills</td>
<td>8%</td>
</tr>
<tr>
<td>How to get more connected to UCLA campus</td>
<td>8%</td>
</tr>
<tr>
<td>How to advocate for myself and communicate more effectively</td>
<td>13%</td>
</tr>
<tr>
<td>How to make friends/connect with social groups</td>
<td>6%</td>
</tr>
<tr>
<td>Decision making skills</td>
<td>9%</td>
</tr>
<tr>
<td>Time management skills</td>
<td>13%</td>
</tr>
<tr>
<td>How to set goals and create an action plan</td>
<td>14%</td>
</tr>
<tr>
<td>How to manage my emotions</td>
<td>10%</td>
</tr>
<tr>
<td>Positive affirmations</td>
<td>17%</td>
</tr>
<tr>
<td>Gratitude practice</td>
<td>6%</td>
</tr>
<tr>
<td>The relationship between my thoughts and managing stress</td>
<td>16%</td>
</tr>
<tr>
<td>Deep breathing/meditation</td>
<td>11%</td>
</tr>
<tr>
<td>Communication skills/l statements</td>
<td>13%</td>
</tr>
</tbody>
</table>
Impact of Coaching on Well-Being of Coachees

In what ways did your coaching experience impact your well-being? (n = 84 students)

- Not applicable: 1%
- Very negatively: 0%
- Negatively: 1%
- Neither positively nor negatively: 2%
- Positively: 38%
- Very positively: 57%

Impact of Coaching on Stress Management of Coachees

In what ways did your coaching experience impact your ability to manage stress? (n = 50 students)

- Not applicable: 1%
- Very negatively: 0%
- Negatively: 0%
- Neither positively nor negatively: 11%
- Positively: 38%
- Very positively: 50%
Impact of Coaching on Coachees' Communication Skills

In what ways did your coaching experience impact your ability to communicate more effectively?
(n = 84 students)

- Not applicable: 1%
- Very negatively: 0%
- Negatively: 1%
- Neither positively nor negatively: 14%
- Positively: 37%
- Very positively: 46%

Impact of Coaching on Coachees' Ability to Handle Challenges

In what ways did your coaching experience impact your ability to handle challenges as they came up?
(n = 84 students)

- Not applicable: 1%
- Very negatively: 0%
- Negatively: 0%
- Neither positively nor negatively: 12%
- Positively: 38%
- Very positively: 49%
Impact of Coaching on Coachees’ Connection to UCLA

In what ways did your coaching experience impact your connection to the UCLA campus? (n = 84 students)

- Not applicable: 7%
- Very negatively: 0%
- Negatively: 1%
- Neither positively nor negatively: 21%
- Positively: 37%
- Very positively: 33%

Impact of Coaching on Coachees’ Social Relationships

In what ways did your coaching experience impact your personal and professional relationships? (n = 84 students)

- Not applicable: 6%
- Very negatively: 0%
- Negatively: 1%
- Neither positively nor negatively: 11%
- Positively: 36%
- Very positively: 46%
Impact of Coaching on Coachees' Study Skills

In what ways did your coaching experience impact your academic/study skills? (n = 84 students)

- Not applicable: 5%
- Very negatively: 0%
- Negatively: 1%
- Neither positively nor negatively: 20%
- Positively: 39%
- Very positively: 35%

Impact of Coaching on Coachees' Emotion Management

In what ways did your coaching experience impact your ability to understand and manage emotions? (n = 84 students)

- Not applicable: 4%
- Very negatively: 0%
- Negatively: 1%
- Neither positively nor negatively: 6%
- Positively: 36%
- Very positively: 54%

74% Positive Impact
90% Positive Impact
Impact of Coaching on Coachees' Skills for Academic Pursuits

As a result of my participation in the GRIT peer coaching program, I have developed important skills that will help in my academic pursuits.
(n = 101 students)

- Not applicable: 4%
- Strongly disagree: 0%
- Disagree: 3%
- Neutral: 8%
- Agree: 35%
- Strongly agree: 50%

Impact of Coaching on Coachees' Goal-Setting

As a result of my participation in the GRIT peer coaching program, I make better judgements about how to prioritize and set goals.
(n = 101 students)

- Not applicable: 5%
- Strongly disagree: 0%
- Disagree: 0%
- Neutral: 7%
- Agree: 35%
- Strongly agree: 53%
"The GRIT program helped me get back on my feet by providing me with unconditional support. I gained access to the resources I needed and developed skills to manage my stress, anxiety, and negative self-talk. Today, I feel more confident and capable of handling challenges in the future."

— GRIT Program Participant, Winter 2016