GRIT Coaching Program - Fall 2018

A snapshot of our participants from Fall 2018

Number of Enrolled Students

- Total: 83 students
- Retainers: 25 students

Watin: 45 students
- 6% new with their Coach - 7 times

Populations Represented

- First Generation
- College Access Educators
- Transfer Students
- Transfer Students: 20 (25%)
- Community Transfer (20%)
- Associate Transfer (20%)
- Parenting (16%)
- Concurrent Enrollment (13%)
- First/Second Year (13%)
- Non-traditional (10%)

GRIT Coachee Survey Fall 2018

- 1st Year: 77 (91.7%)
- 2nd Year: 28 (33.7%)
- 3rd Year: 20 (24.1%)
- 4th Year: 7 (8.5%)

Race and Ethnicity

These are self-reported identities by Fall 2018 coachees

Coachee Testimonials

Get to experience something for the first time. It was my opening and my future. It helped me manage my life in a way that I couldn’t have done on my own.

This quarter has been awefully good for me and my coach was beyond a mentor. She was always on an emotional support who was very honest with me. The greatest thing she taught me was how to focus on my goals and my abilities to others.

There were several sessions where I was able to open up and really understand myself. She directed the conversations towards my strengths and guided me on how to work on them. The sessions that my GRIT Coach coached me for a lot of things I had to change. With the process that continued, the sessions are very important for me. This is how I work on my weaknesses and also to set my goals more efficiently.
GRIT Coaching Program- Fall 2018
A snapshot of our participants from Fall 2018

Number of Enrolled Students

<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graduate</td>
<td>25</td>
<td>41%</td>
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<tr>
<td>Intern</td>
<td>20</td>
<td>32%</td>
</tr>
<tr>
<td>Undergraduates</td>
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<td>32%</td>
</tr>
<tr>
<td>Total</td>
<td>65</td>
<td>100%</td>
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Population Represented

<table>
<thead>
<tr>
<th>Group</th>
<th>Count</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Gender</td>
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<tr>
<td></td>
<td>Female</td>
<td>55%</td>
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<tr>
<td>Ethnicity</td>
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<tr>
<td></td>
<td>Asian</td>
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<tr>
<td></td>
<td>Hispanic</td>
<td>5%</td>
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<tr>
<td></td>
<td>Native American</td>
<td>5%</td>
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<td></td>
<td>Other</td>
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<tr>
<td>Age Group</td>
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<td></td>
<td>21-23</td>
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<td>24-26</td>
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<td>English</td>
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<td>History</td>
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<td></td>
<td>Mathematics</td>
<td>20%</td>
</tr>
<tr>
<td></td>
<td>Other</td>
<td>20%</td>
</tr>
</tbody>
</table>

GRIT Coachee Survey Fall 2018

Year in School

- 1st Year (30%)
- 2nd Year (35%)
- 3rd Year (15%)
- 4th Year (20%)

Race and Ethnicity

- African American (20%)
- Asian (10%)
- Hispanic (5%)
- Native American (5%)
- Other (20%)

Coachee Testimonials

This quarter has been overwhelmingly difficult for me, and my coach was beyond a mentor. She was always an emotional support who was very honest with me. The greatest thing she taught me was how to focus on my mental health and my ability to set boundaries.

I was very excited to learn that GRIT would provide a mentor to help with my mental health and emotional well-being. This was something I never knew about, and I feel much more confident now.

GRIT Coach Testimonials

There were several sessions where I was able to express myself and my emotions. My coach helped me understand my triggers and how to manage them.

Coaches offer a consistent presence that can help students develop resilience and coping skills.

The experience with GRIT was incredibly helpful. It provided me with tools and strategies to manage stress and improve my mental health.
A snapshot of our participants from Fall 2018

In Fall of 2018 our GRIT Coaches worked with 83 coaches:

- 69% new with their Coach - 7 times
- 25% returning - 2 times
- 6% returning with their Coach - 7 times

**Populations Represented**

- Black: 45 students
- Latino: 25 students
- 85% met with their Coach - 7 times

**Majors Represented**

- Art History
- Biochemistry
- Biology, Pre-Med Studies
- Economics
- Electrical Engineering
- English
- Mathematics
- MCDB
- MICM
- Neuroscience
- Nursing
- Political Science
- Pre-Human Biology & Society
- Psychology
- Sociology

**Race and Ethnicity**

These are self-reported identities by Fall 2018 coaches

**Coachee Testimonials**

I got to experience college for the first time. It was eye opening and informative. It helped me manage my life in a way that I didn't have before, myself.

This quarter has been awfully tough for me and my coach was beyond a mentor to me. She was always an emotional support who was very honest with me. The greatest thing she taught me was how to focus on my studies, how my studies, and how to deal with others.

There were several aspects when I was able to spread freely and actively participate in class because I met with my GRIT coach to discuss any issue that I had during the sessions. My GRIT coach helped me realize a lot of things about myself that I was not aware of. With the session that continued, the support and encouragement from my coach helped me to achieve a better attitude and good performance in my studies.

**GRIT Coaching Program - Fall 2018**
A snapshot of our participants from Fall 2018

Number of Enrolled Students

- Total: 88 students
- Male: 45 students
- Female: 43 students
- Retainers: 25 students
- 85% met with their Coach - 7 times

Populations Represented

- First Generation
- Transfer Students
- College Prep Program (20%)
- Summer Camps (20%)
- Twenty-First Century (20%)
- Transfer Students (12%)
- College Prep Program (10%)
- College Prep Program (10%)
- Summer Camps (8%)
- Transfer Students (4%)
- College Prep Program (4%)

GRIT Coachee Survey Fall 2018

- Year in School
  - 1st Year: 41 students
  - 2nd Year: 25 students
  - 3rd Year: 23 students
  - 4th Year: 10 students
  - Graduated: 9 students

- Major Represented
  - Art History
  - Biochemistry
  - Biology
  - Economics
  - Electrical Engineering
  - English
  - Mathematics
  - Microbiology
  - Neuroscience
  - Nursing
  - Political Science
  - Pre-Human Biology & Society
  - Communications
  - Psychology
  - Public Affairs
  - Sociology

Race and Ethnicity

These are self-reported identities by Fall 2018 coaches

Coachee Testimonials

There were several aspects when I felt able to open, feel safe, and express my emotions.
- In my first 1-on-1 session, my coach helped me realize that my GRIT Coach would be there to listen.
- In the sessions that continued, the tone was different.
- My coach was patient, curious, and respectful of my reactions.

This quarter has been awfully good for me and my coach was beyond a mentor for me.
She was always an emotional support who was very honest with me.
I felt like she would be my confidante.
My coach would let me know how to focus on my future and change the path of my education.

When I received feedback that there were times when I could not focus on my work, I realized that I could not focus on my work.

GRIT Coaching Program- Fall 2018