

GRIT Coaching Program- Fall 2018

A snapshot of our participants from Fall 2018



Number of Enrolled Students



■ Coachees (100%)

Total= 83

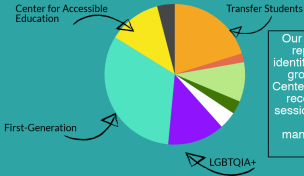
In Fall of 2018 our GRIT Coaches worked with 83 coachees

Waitlist: 40 students

Returners: 15 students

86% met with their Coach > 7 times

Populations Represented



Fall 2018

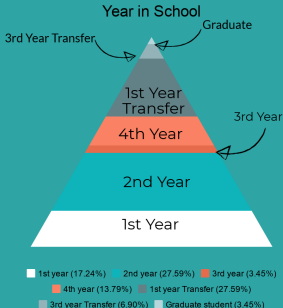
Our coachee student population represented through various identifiers from targeted community groups by the Bruin Resource Center. Our diverse coachee cohort received one-on-one coaching sessions with our GRIT coaches to discuss topics of stress management, mindfulness, goal setting, and more.



GRIT Coachee Survey Fall 2018

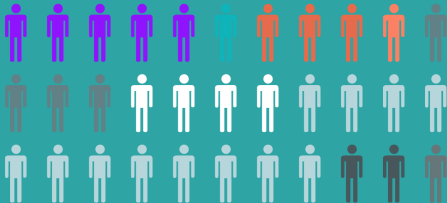
Majors Represented

- Art History
- Biochemistry
- Biology
- Chicano Studies
- Economics
- Electrical Engineering
- English
- Mathematics
- MCDB
- MIMG
- Neuroscience
- Nursing
- Political Science
- Pre-Human Biology & Society
- Pre-Communications
- Psychobiology
- Psychology
- Public Affairs
- Sociology



Race and Ethnicity

These are self-reported identities by Fall 2018
coachees



Coachee Testimonials

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

There were several sessions where I was able to speak freely and openly about personal issues that were troubling me, and it was within these sessions that my GRIT Peer Coach made me realize a lot of things about myself that needed to change. With the sessions that continued, this led for my coach and i to work and practice more with positive affirmations and self-reflection.

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

During a session I realized that I have trouble properly conveying my emotions to people because I myself sometimes do not even know how I feel toward a certain situations. I learned that I need time to process my emotions and compared to other people may not know exactly how I feel immediately.