

## WHAT TO EXPECT FROM AN UPSWING SESSION

An Upswing Coach will help you become an independent learner by guiding you through your assignments and course materials from a specific class to help you practice what you've already learned.

---

**Do:** provide class materials or other information to help your coach better prepare for the session.

**Don't:** come to a session unprepared or without giving notice to the coach of which specific topics you'd want to work on.

**Do:** expect your coach to be familiar with your subject.

**Don't:** expect your coach to know your instructor's methods taught in class and their preferred ways of doing things.

**Do:** expect your coach to explain difficult concepts and clear up confusion.

**Don't:** expect your coach to replace your instructor and teach a whole lesson over again.

**Do:** expect your coach to discuss study and learning strategies to help you become a better student.

**Don't:** Expect your coach to solve problems for you.

**Do:** expect your coach to summarize the session with actionable takeaways to improve your learning strategies and follow up with your coach if you have additional questions or need more help.

**Don't:** be afraid to set up another session with your coach if you found your session useful.