

## **OPTION 1: GRADMENTOR STARTUP PACKAGE**

### **2 Meetings Per Month**

For graduate students who seek moderate levels of support or guidance for completing the thesis or dissertation, this package provides an affordable solution. It includes two one-on-one telephone coaching sessions per month, each lasting 1.5 - 2 hours, e-mail support, as well as the following:

- Strategies for maintaining motivation, accountability, and timely degree progress
- Guidance and feedback on thesis or dissertation development
- Writing support and tips for working with advisers and committees
- Assistance with maintaining a timeline for completing the thesis or dissertation
- Guidance for effective time-management
- Review and assessment of career options

## **OPTION 2: GRADMENTOR WEEKLY THESIS/DISSERTATION COACHING CAREER AND PERSONAL SUCCESS PACKAGE**

### **4 Meetings Per Month**

Do you need ongoing, substantial professional support to see you through completion of your thesis or dissertation? This package is recommended for students who need strategic assistance during the final years of thesis or dissertation completion. It includes weekly one-on-one telephone coaching sessions each lasting 1.5 - 2 hours, along with e-mail support in between sessions.

#### ***Dr. Kerlin will assist you with:***

- Setting and maintaining goals that are realistic, achievable, and sustainable
- Creating an *Individual Strategic Plan (ISP)* with clear steps towards reaching your goals
- Clarifying your research topic and evaluating various research methods
- Strengthening and polishing your writing skills, overcoming writing anxiety
- Reviewing your thesis or dissertation for writing quality and “defensibility”
- Practicing for presentations (oral, written, or electronic) and interviews
- Preparing for the oral defense (at the proposal and final stages)
- Identifying your core strengths, professional objectives, and transferable career skills
- Planning for academic publication and presentation at scholarly conferences
- Clarifying personal, intellectual, and professional ethics and values
- Maintaining your overall health and wellness
- Balancing multiple commitments (graduate degree, family, career)
- Managing your time effectively

#### ***Dr. Kerlin’s Coaching Themes and Areas of Emphasis:***

***Motivation to Succeed*** – discovering how to use positive psychology to reduce time needed to complete your graduate degree

***Setting Realistic Expectations*** – understanding and enhancing your thesis or dissertation writing patterns

***Boosting Self-Confidence*** – maximizing your intellectual potential and personal growth

***Assessing Your Professional Development Needs*** – developing an effective plan for graduate degree and career success

***Overcoming Obstacles*** – identifying and moving beyond barriers to your degree progress

***Maintaining Your Well-Being and Preserving Your Relationships*** – creating life balance and fulfillment; managing relationships with spouses, partners, or family members

***Understanding Academic Politics*** – recognizing the power dynamics of working with advisers and academic committees; understanding your rights as a graduate student

***Clarifying Career Outcomes of Graduate Students*** – researching the career development outcomes of graduate students in your particular program and field of study