How is Success and Wellness Coaching different from counseling?

**COACHING:**
- Focuses on the present and future
- Helps set goals and action plans
- Is short-term (usually 3-6 sessions)
- Can be by phone or in person
- Allows students to set the goals for each session
- Works at a pace determined by the student

**COACHING DOES NOT:**
- Provide counseling
- Prescribe treatment or medication
- Examine the past

What is the coaching referral process?
Students can sign up by accessing the website and do not need a referral. However, faculty and staff may suggest and/or refer students who they think may benefit from Success and Wellness Coaching.

Success and Wellness Coaching is a free service offered to currently enrolled students at all USF campuses.

Students may learn more and sign up through the coaching website:

[usf.edu/successwellnesscoaching](https://usf.edu/successwellnesscoaching)