

## Life Design Catalyst Program

The Life Design Catalyst Program in the School of Health and Human Sciences at the University of North Carolina at Greensboro was created to empower students to take charge of their educational experiences. We believe students will thrive if they focus on three things: (1) Know thyself. (2) Pick the right pond. (3) Serve profoundly. The foundation of the Program starts with the “HHS125: What Could I Do With My Life” course, a content-based, 1-credit coaching course that incorporates academic advising, academic/success coaching, and career development. In Fall 2008, we offered two sections of the course to 40 students; in the Fall 2017, we offered 20 section to 373 (mostly) first-year students – with plans to offer 25 section and serve 500 students in Fall 2018. As a result of this course (and many changes since that initial course), we have been able to not only substantially increase retention and graduation rates, but students indicate that the course provides clarity regarding their choice of a major and how they want to serve others in order to make the world a better place. Not only have we been able to expand the number of students served by this coaching process (with limited funding), but we’ve created several additional courses to allow students to go deeper in self-awareness. And since June 2014, we’ve created the Life Design Catalyst Coach Training Program for students, faculty, and staff interested in implementing/integrating Life Design Coaching work on their own campus.