

*On-TRAC....  
College Coaching*

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## **SAMPLE**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Lead Coach:** \_\_\_\_\_ **Peer Coach:** \_\_\_\_\_

### **RoadMap**

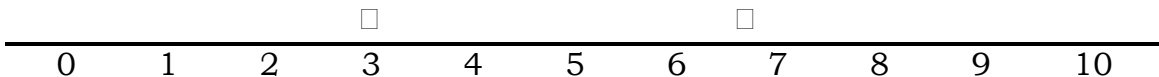
The COMPASS RoadMap is an individualized action plan that plots the client's current functioning, as measured by the assessment results, interview of the client and the client's input. The recommendations are intended to assist the client in reaching his/her goals.

Current ▽

Goal ▲

### **Academic**

**Reading: John displays deficiencies in reading decoding and reading rate due to deficits in phonological processing.**



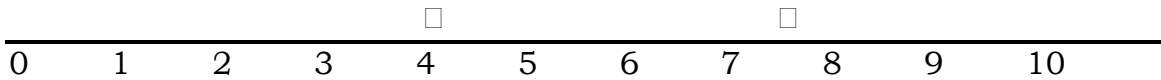
Goals: To increase word attack skills and fluency by 50% as measured by Standardized testing within 6 months

Action Plan

Time Line

- |  |          |
|--|----------|
| 1. Meet with reading specialist twice weekly           | 6 months |
| 2. Work with reading specialist on decoding strategies | 3 months |
| 3. Work with reading specialist on reading fluency     | 3 months |

**Math: John demonstrates weakness in solving mathematical work problems**



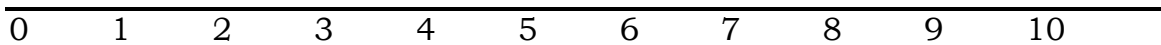
Goals: John will increase his ability to successful complete word problems by 50% in 6 months.

Action Plan:

Time Line

- |                                       |          |
|---------------------------------------|----------|
| 1. Meet with math tutor, twice weekly | 6 months |
|---------------------------------------|----------|

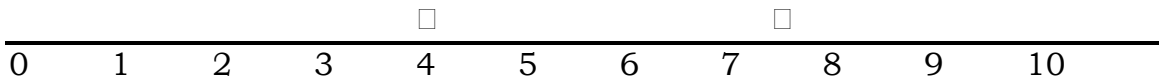
**Writing: No deficits noted**



Goals:

Action Plan:

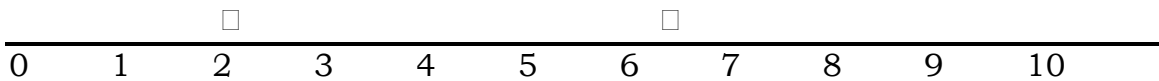
**Study Skills: John does not have adequate study skills, and oftentimes feels overwhelmed and disorganized.**



Goals: To improve study skills by 50% as measured by completed assignments with Peer Coach within 6 months.

Action Plan	Time Line
1. Read handout entitled “Study Skills”\ provided by Peer Coach.	2 weeks
2. Review Study Habits with Peer Coach at least 1 x per week.	1 month
3. Review material prior to each test with Peer Coach.	ongoing

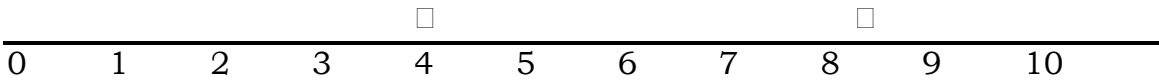
**Organizational Skills: John has difficulty organizing his work.**



Goals: To increase the organization of all school work by 50% as measured by Peer Coach, within 6 months

Action Plan:	Time Line
1. Purchase a Day Planner	5 days
2. Organize calendar and contact section of Planner with Peer Coach	2 weeks
3. Organize Book Bag with assistance of Peer Coach	2 weeks
4. Organize Computer	2 weeks

**Time Management Skills: John is late to class 50% of the time.**



Goals: To increase attendance in class to 90%, and reduce tardiness to 10%, within 6 months

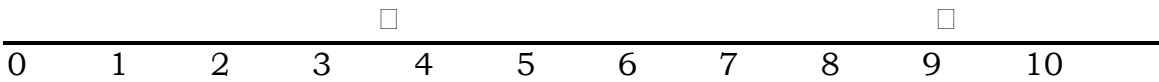
**Action Plan**

**Time Line**

- |   |             |
|---|-------------|
| 1. Establish a consistent sleep pattern               | 1 month     |
| 2. Purchase an alarm clock                            | 5 days      |
| 3. Use reminder system on Computer                    | 5 days      |
| 4. Leave for school ½ hour earlier than usual         | immediately |
| 5. Reduce time playing computer games at night by 50% | immediately |

**Non-Academic**

**Degree Commitment:**



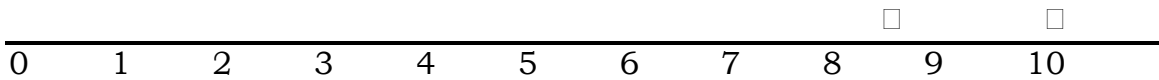
Goals: To narrow his choice of Major and Degree to three within 6 months.

**Action Plan**

**Time Line**

- |  |          |
|--|----------|
| 1. Meet with a college advisor to discuss Major                | 1 month  |
| 2. Review choices with Peer Coach one time weekly              | ongoing  |
| 3. Meet with a professor or staff member of at least 5 majors. | 3 months |
| 4. Interview at least 3 professionals in field of interest     | 3 months |
| 5. Review Degree requirements with Peer Coach                  | 1 month  |

**Motivational Level: John's motivational level is high and therefore he needs only supportive intervention.**



Goals: To maintain current level of motivation over the next 6 months.

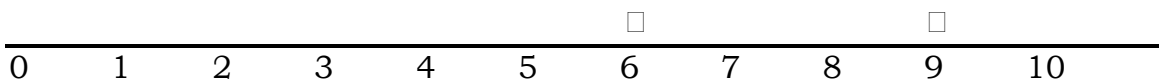
Action Plan

Time Line

1. Discuss motivational levels with Lead and Peer Coach
2. Avoid relationships which hinder motivation

ongoing  
ongoing

**General Self-Concept: John's self concept has been impacted by academic difficulties throughout his school career.**



Goals: To increase overall self-concept by 50 % as measured by a Self Concept Scale and his Lead Coach.

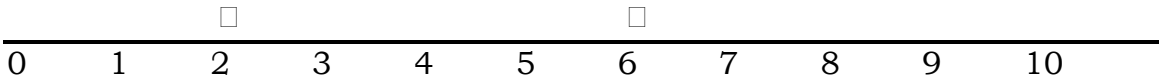
Action Plan

Time Line

Meet with Lead Coach 1x weekly to discuss self-concept

ongoing

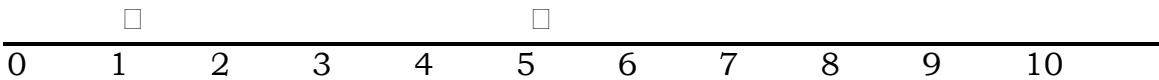
**School Integration: John feels isolated and alone.**



Goals: To increase feelings of integration into the school by 50%.

Action Plan	Time Line
1. Join one club or organization	1 month
2. Meet with University Counseling Center Staff	1 month
3. Introduce himself to at least one new classmate	1 month
4. Attend at least one sporting event	3 months
5. Attend at least one conference, activity etc.	3 months
6. Visit School Advisor at least 1x a month	1 month

**School Support and Involvement: John is not actively involved in any aspect of his school.**



Goals: To increase school involvement and social activities in two areas.

Action Plan	Time Line
1. John will attempt to meet one new person	1 month
2. John will attend one social or athletic activity	1 month

3. John will look for a part time job.
4. John will secure a part-time job

1 month  
3 months