How do I sign up to meet the academic coach?

It’s easy!! You can...

1. Email Julie to tell her you’re interested. delmedije@herkimer.edu
2. Sign up at the Front Desk of the Academic Support Center.

All Academic Support Center Services are FREE for Herkimer College students. Remember to bring your student ID.
Who needs Academic Coaching?

You’ve heard that success in college requires considerable work, determination and motivation. There are papers, projects and tests. There’s a ton of reading to be done and homework to keep up with. It’s relentless. Every person has his or her own best way of learning. It could be, however, that some classes are harder for you than others because your professor’s teaching style doesn’t match with your learning style. What do you do??

Then, there’s your crazy-busy schedule which includes classes, work, family and extra-curricular activities, as well as the time you want to kick back with friends. In other words, a study plan that works for someone else may not work for you, and you know you need a plan that will be personalized to motivate you to keep at it or you’ll have trouble following through, no matter how good the plan is.

Does all (or some) of this sound like you? Don’t give up! Academic success is within your reach! Cut down on procrastination, study smarter — not always harder, learn new organizational tools and get the tutoring help you need. Sign up for Academic Coaching today!!

The academic coach has assessments that won’t only tell you your ideal learning style, but will provide you with techniques and tips on how best to study as well. She will work with you to come up with an individualized plan tailored to your specific needs. Meetings can be set up on a daily, weekly, or biweekly basis.

To sign up for Academic Coaching you can email Julie DelMedico at delmedije@herkimer.edu, call (315) 866-0300 x 8615 or stop in the Academic Support Center and schedule an appointment.

Meet Your Coach

Julie DelMedico has been a full time employee at Herkimer College since 2006. A native of Sauquoit Valley she obtained her bachelor’s degree at SUNY Geneseo and her master’s at SUNYIT.

DelMedico has coached athletics and taught sociology, psychology and physical education classes for the college. She started in the Academic Coaching position in the spring of 2012. She specializes in time management, study strategies and organization and hosts several workshops on these topics throughout the semester. Stop in for quick help or develop your skills over the academic year. Train your brain to become a better you.

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