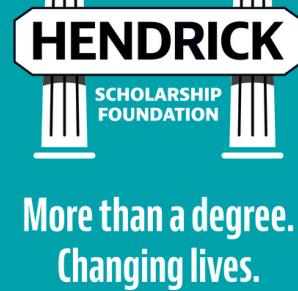


# HSF Coach Information

July 2025



## Summer is a time to RECHARGE!

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Summer is a great time to slow down, reset, and recharge. Whether it's a quick getaway, time with family, or simply enjoying a slower pace, taking time to rest helps us return with fresh energy and perspective, ready to give our best to the students we support.

## Building Something Great

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Mentorship has the power to change a student's life. It's often the small, consistent moments such as listening, encouraging, and showing up, that help a student feel supported and capable. Over time, those moments build confidence, connection, and a strong foundation for success.

## Coaches Corner

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As a coach, **your presence matters more than you know**. Here are a few quick tips to keep in mind as you continue building that connection:

- **Be consistent** – Regular check-ins (even short ones!) show you care.
- **Celebrate small wins** – “You should be proud of yourself” goes a long way.
- **Self-advocacy** – Encourage students to speak up and seek resources when needed.
- **Help them stay organized** – Encourage using calendars, reminders, or to-do lists.
- **Be patient** – Growth isn't always linear, but your encouragement keeps them going.

## Quick Reminder

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As a coach, you have access to your student's unofficial transcript and fall schedule. Reviewing these documents can help you better understand their academic progress, course load, and where they may need extra support or encouragement in the upcoming semester. It's a great way to stay informed and have more meaningful check-ins.

## Welcome to our Newest Coaches

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Please join HSF in warmly welcoming our brand-new coaches, who will be meeting their students on July 12th. We're excited for the meaningful relationships and positive impact you'll build together!