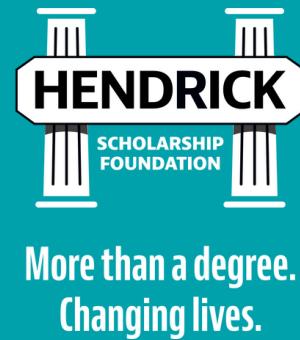


# HSF Coach Information

## October 2025



## Midterms are approaching fast!

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As Midterms approach, many college students experience a **spike in academic pressure, stress, and time management challenges**. Mentors can play a key role by checking in, offering encouragement, and helping students prioritize self-care and realistic study goals during this demanding stretch.

## Coach Tips: Midterm Check-In Questions

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*Listen for cues that may indicate anxiety!*

- How are you feeling about school right now?
- On a scale of 1–10, what's your stress level?
- Are you getting enough sleep and taking care of yourself?
- How's your balance between work, school, and other commitments?

## Encourage Your Student

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- Promote **self-care**: Rest, balance, and confidence are just as important as studying.
- Share **resources**: Point them to tutoring centers, study groups, or time management tools if they're feeling stuck.
- Be a **sounding board**: Sometimes students just need to talk through their stress or get reassurance that they're on the right track.
- Help with **prioritization**: Encourage students to break tasks into manageable steps.

## Upcoming Events - Mark Your Calendars!

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- **Coach Interest Session** – *We love referrals!*
  - **Wednesday, October 15, 4:30–5:30 PM at HSF Office**
  - Feel free to email Toni with your referral and she will send a personal invitation.
- **Student Workshop** – *Coaches are welcome to sign up!*
  - **Wednesday, October 22, 7:00 – 8:00 PM on Zoom**
  - How to Read and Understand Your Transcript/Degree Plan
  - Sign Up [Here!](#)
- **Annual HSF Holiday Lunch** – *Visit with your Student and Coordinator*
  - **Thursday, December 11, 11:30 AM at the Haggard Party Barn**
  - More details coming soon
- **Student End-of-Semester Reviews**
  - **December 29 – January 11 on Zoom**
  - More details coming soon

*Note: If you have any questions or concerns, please contact: **Toni Creecy, SSC Manager-Coaches** ([tcreecy@hendrickscholarship.org](mailto:tcreecy@hendrickscholarship.org))*