

# Peer Academic Coaching (PAC)

## Office of Student Academic Support Services (SASS)

### PAC FAQs

## Should I get a PAC?

### What is a PAC?

- ❖ A PAC is a Peer Academic Coach. The majority of these PACs are in their second year of medical training. When time permits, some of our third and fourth year students will also be available to coach.

### Who are PACs available to coach?

- ❖ PACs are available to coach any UCF College of Medicine student who believes they will benefit from academic support and clarification.

### If I work with a PAC, am I guaranteed to pass all of my courses?

- ❖ No one can make that kind of a promise. However, many students who have worked with a PAC at one time or another have been able to successfully fulfill their academic goals.

### Do I have to pay for coaching?

- ❖ UCF College of Medicine students do not have to pay a fee.

### How do I know if I should be using a PAC?

- ❖ If you are not able to grasp concepts, are confused by the lectures, are unable to organize and discuss the information with another student, or simply would like additional review, you would benefit from signing up for a PAC.
- ❖ Some students work with a PAC three or four times to become stronger on the material and then proceed on their own. If you feel something like this would help you, you would benefit from signing up for a PAC.
- ❖ Others choose to work with a PAC for the duration of the module. It is up to you and the PAC to decide how many times both of you can realistically meet in order to support you throughout the module. Sometimes this will mean signing up for more than one PAC.

### **What's the best way to maximize my time with a PAC?**

- ❖ Prepare yourself for the sessions. What do you think you need to work on the most? Make a list. You might not get to all of it in the first couple of sessions, but eventually you will be able to accomplish it all.
  - Some things to consider for your list are:
    - Do you have difficulty organizing the new information?
    - Do you have difficulty grasping new concepts introduced in lecture?
    - Do you need to be able to better understand how these concepts apply clinically?
    - Do you have difficulty with rote memorization?
    - Do you have difficulty deciding what the most important information to tackle first is?
- ❖ If you have specific questions that you want clarification on, it's a good idea to email them to your PAC before your session. Likewise, if you have a general topic that you want help with, communicate that to your PAC before your session, so that they will know what to focus on.
- ❖ Make sure you contact your coach several days before your session (if possible) to give them time to prepare.

### **Have any PACs ever been suspended from the Peer Academic Coaching Program at UCF College of Medicine?**

- ❖ So far, no one has abused the privilege of being a PAC. Nevertheless, PACs will be suspended from the program if:
  - They treat their peers in an unkind or disrespectful manner.
  - They promise students specific grades.
  - They begin coaching without permission from the Office of Student Academic Support Services (SASS).
  - They post signs advertising their availability.
  - They falsify hours and sessions.
  - They coach a significant other.
  - They discuss the students they are coaching with others.
  - They are unable to maintain an A throughout the M2 curriculum.

### **How many hours a week may a PAC coach?**

- ❖ The maximum hours a PAC may coach is 5 hours per week.

- ❖ PACs and students must mutually agree upon the number of hours each can reasonably participate in, before coaching begins.
- ❖ If more hours are needed, approval must be given by the Director of SASS.
- ❖ There are a variety of ways PACS can coach:
  - One-on-one
  - Small groups of 2-4 students
  - Large groups, example: Anatomy labs
  - Participate in clicker sessions

### **How do I sign up for a PAC?**

- ❖ Go to the UCF COM website and navigate to Student Academic Support Services.
  - Select the “Peer Academic Coaching program (PAC)” link.
- ❖ Fill out the “PAC Request Form” link.
- ❖ Our office will help you to determine who would be the best PAC for your needs.
- ❖ You will then be put in contact with your assigned PAC via email.
- ❖ If you and one or two others would like to be coached as a small group, each person must sign up independently.

### **Why doesn't everyone sign up for a PAC?**

- ❖ Reasons some students have given for not taking advantage of the PAC program.
  - “I was too embarrassed to ask for help.”
  - “I thought that if I could just study longer and harder, I could get it myself.”
  - “I was afraid that my classmates would think I was too stupid to be here.”
  - “I didn't have time, I needed to catch up on my slides first.”
  - “I can only study alone.”

If you've never studied in a small group before, you are missing out on a powerful study tool. Studying with others helps you to look at information in a variety of ways. The Peer Academic Coaching program is a powerful resource available to you and our office strongly encourages all our students to utilize the program.

*Never regard study as a duty, but as the enviable opportunity to learn.*

*~Albert Einstein*

# Questions?

[Contact the Office of Student Academic Support Services](#)

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