

Center For Fostering Success



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Fostering Success Coaching:

Effective partnering with students from foster
care

Lecture Presented by:

Jamie Crandell, MSW

Ronicka Hamilton, M.A.

Jessica Dwyer, Seita Scholar



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Introductions & Goals



Goals of Lecture

Participants will leave with:

- *An overview of the Fostering Success Coaching model
 - *A holistic, student-centered coaching framework that builds students' capacity to self-advocate, resulting in improved outcomes for the student, their campus, and their community.**
- *Methods for teaching in a student-coach partnership by building awareness, knowledge and skill.*
- *Strategies to use data in a student-coach partnership to increase positive outcomes for students from foster care.*



Why Coaching? Foster Care Issues

Student Problems addressed with Campus Coach

	# Students	%
Active Biological Family Issues	40	33.3
Depression or Anxiety interfering with School	35	29.2
Academically Unprepared	32	26.7
Concern for Siblings Adopted or in Foster Care	27	22.5
Physical Health Problems	20	16.7
Death or Violence of a Loved One	19	15.8
Substance Abuse	16	13.3
DPS or Kalamazoo Police Involvement	15	12.5
Domestic or Physical Violence Involving Student	12	10
Mental Health Diagnosis	11	9.2
Pregnancy or Parenting	8	6.7
Suicide Ideation or Attempt	7	5.8
Documented Learning Disability	4	3.3



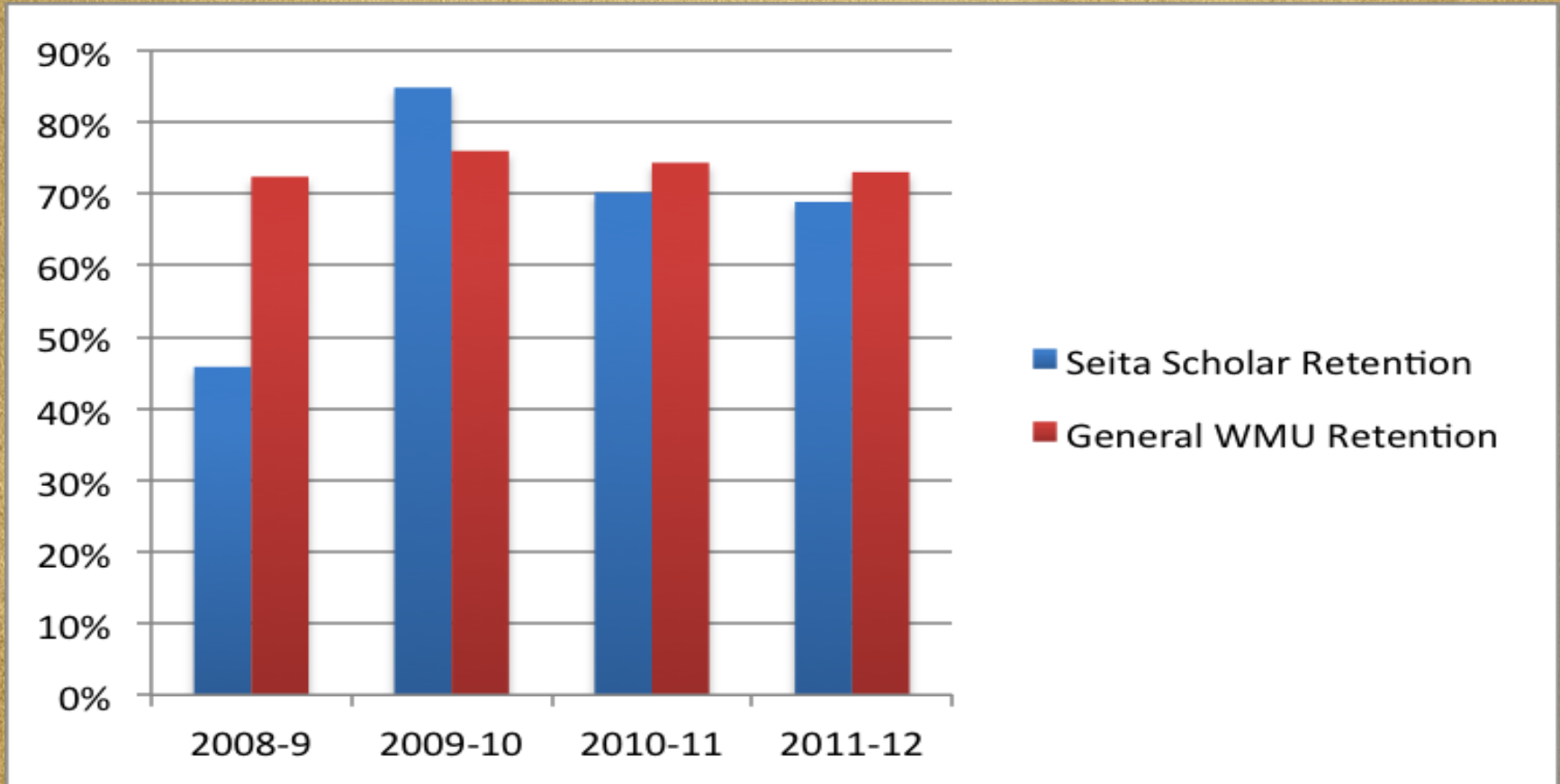
Why Coaching?

- Growing in foster care can result in skill gaps
- Coaching aims to narrow and eliminate gaps in skill
- Coaching differs from casework and therapy
 - Future focus
 - Partnered relationship

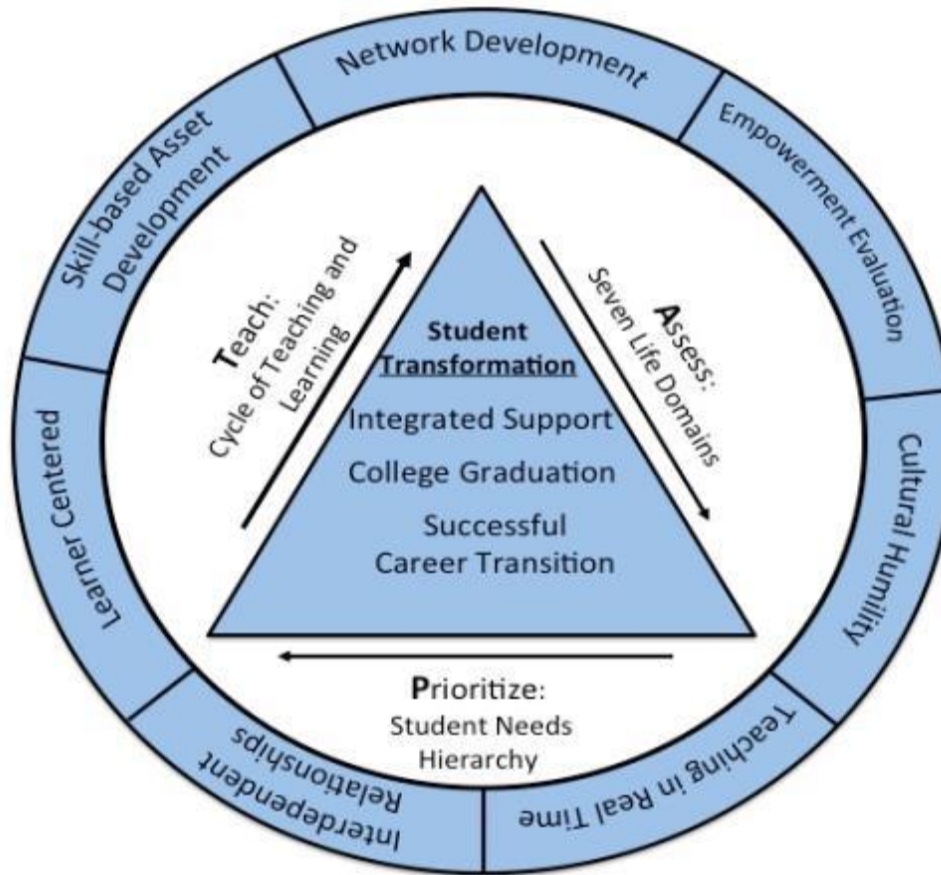


Why Coaching? 3rd Semester Retention

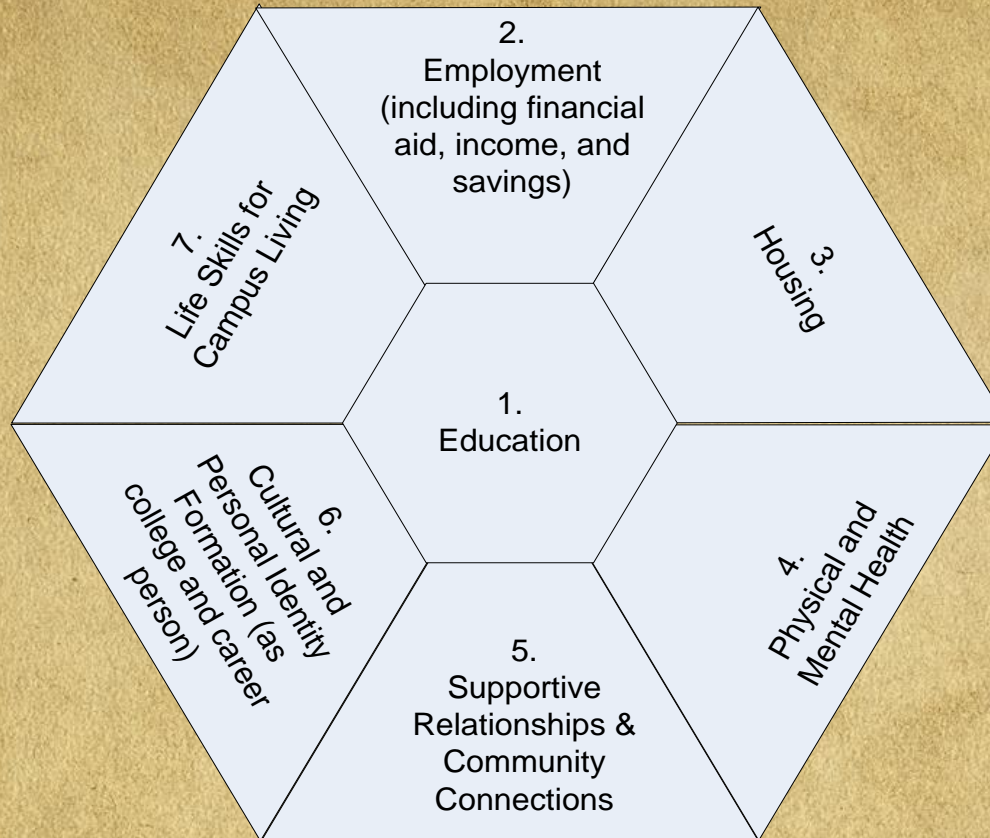
At WMU, 3rd semester retention rates for freshman students from foster care are similar to other freshman who are first time in any college (FTIAC)



Fostering Success Coaching Model



Assess: The Seven Life Domains



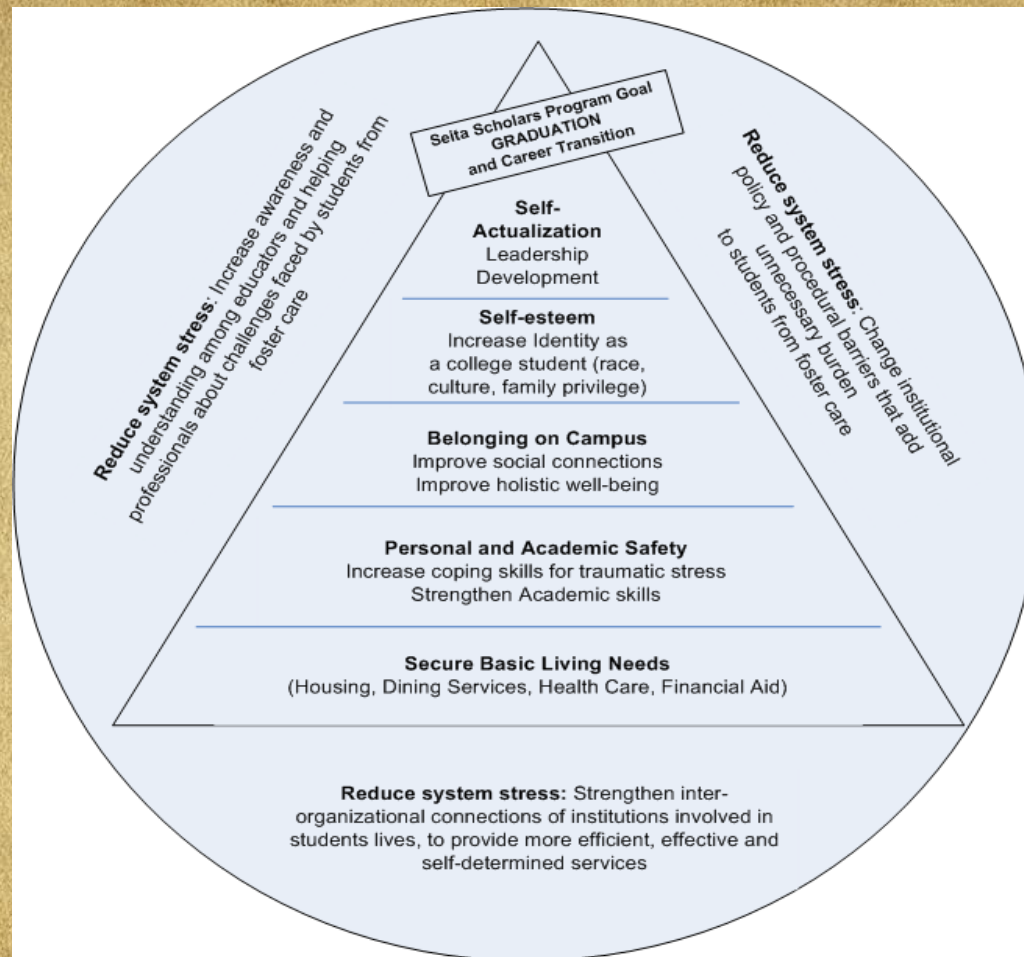
Casey Family Programs (2008). *Supporting success: Improving higher education outcomes for students from foster care – A framework for program enhancement*. Seattle, WA: Author.

<http://www.casey.org/Resources/Publications/SupportingSuccess.htm>

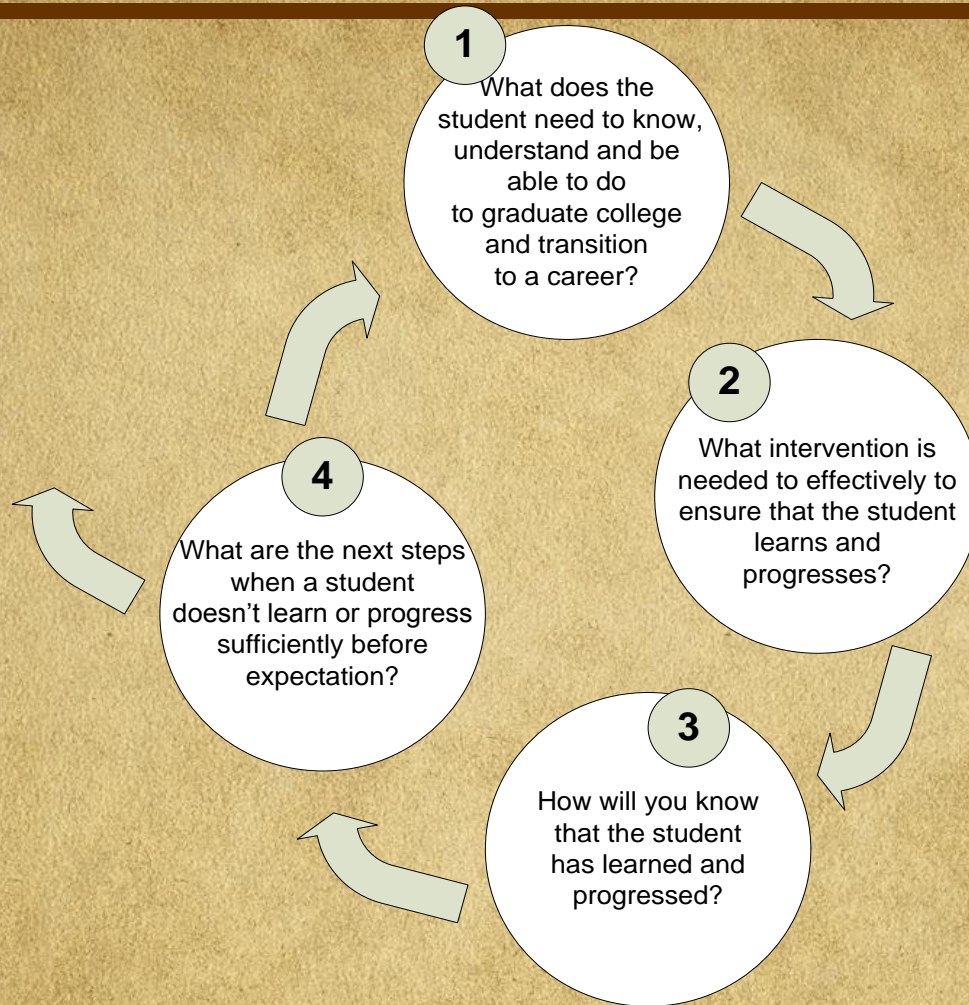


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Prioritize: Student Needs Hierarchy



Teach: Cycle of Teaching and Learning



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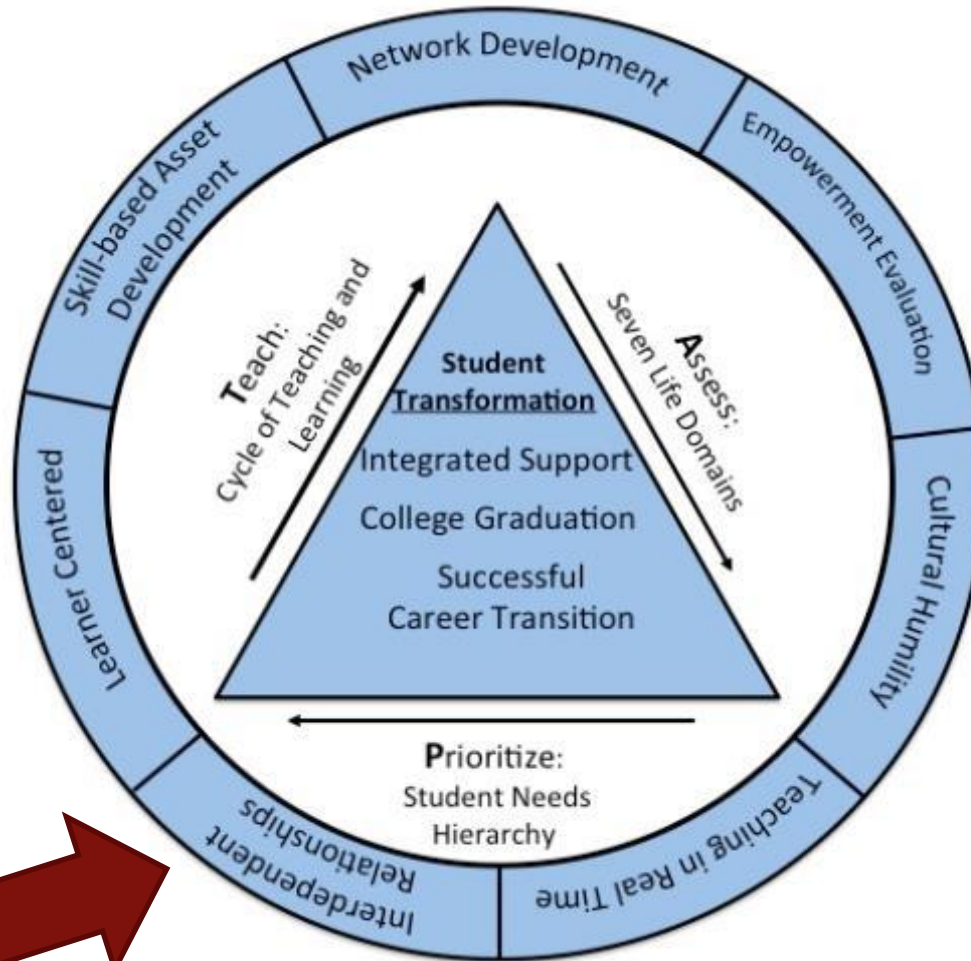
PRACTICE

RECOMMENDATIONS



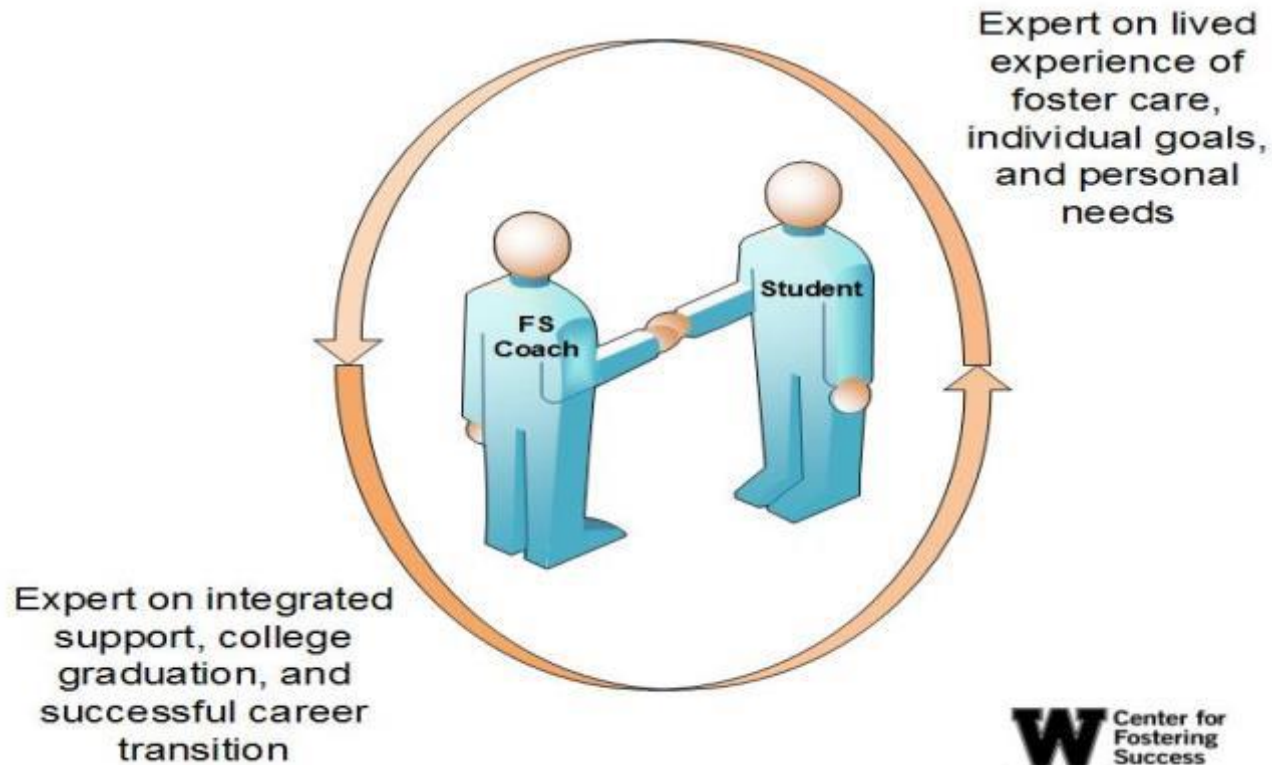
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Interdependent Relationships



Interdependent Relationships

Interdependence in Student-Coach Relationships



Practice Strategies

- Partnering with Students
 - Doing for
 - Doing to
 - Doing with



Practice Strategies

- Partnering with Students
 - Avoid making assumptions
- Getting real-time feedback from students
 - What about your interaction has been helpful? What could be changed to be more helpful?
- Observation and Praise
 - What skills are in practice?



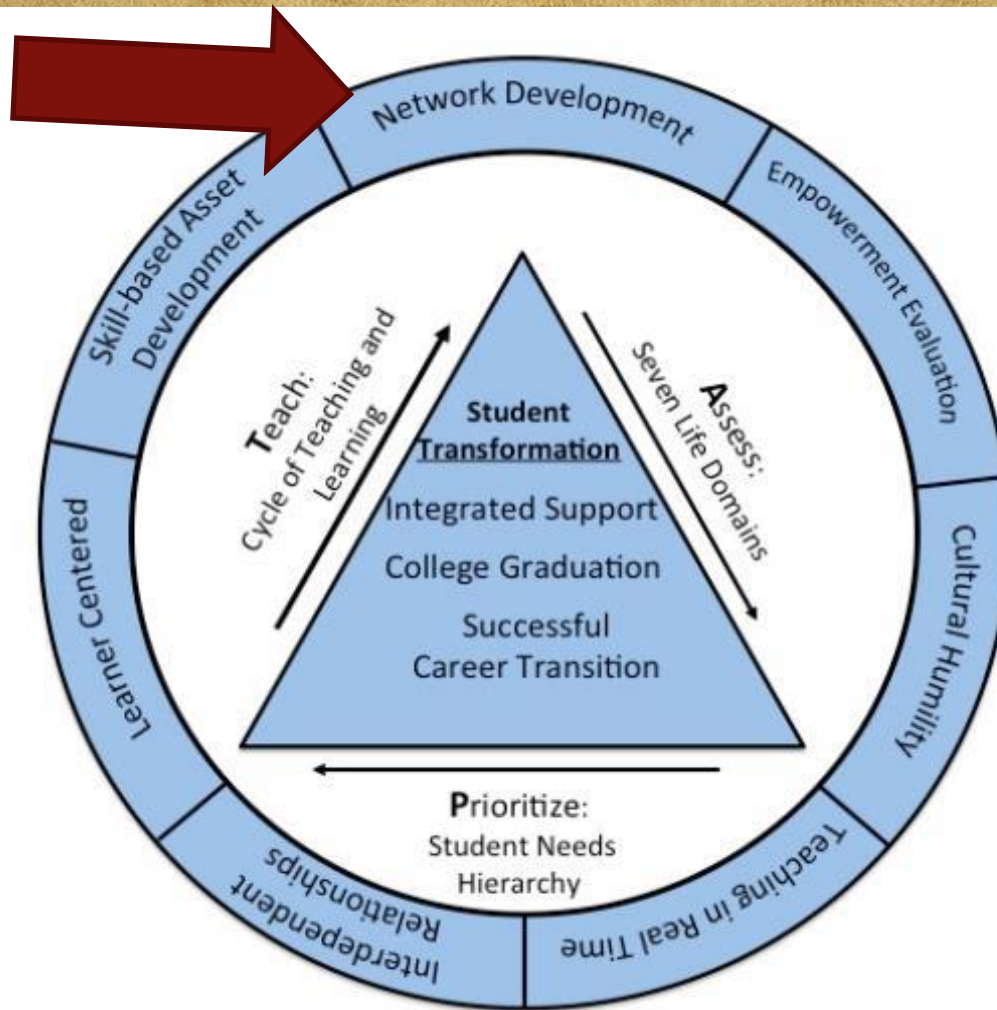


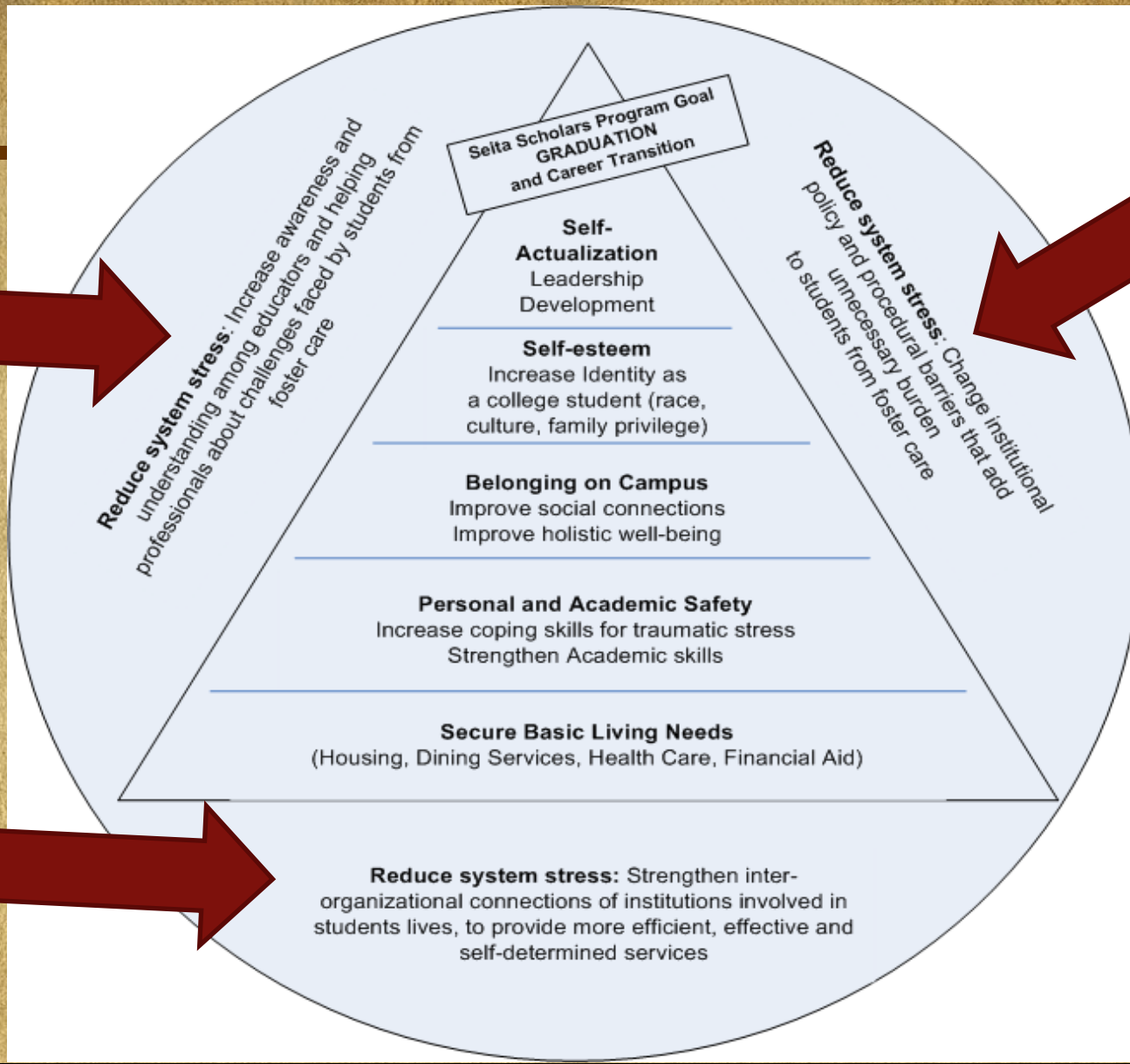
Practice Tool: Using Scales in Assessment and for Student Feedback



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Network Development

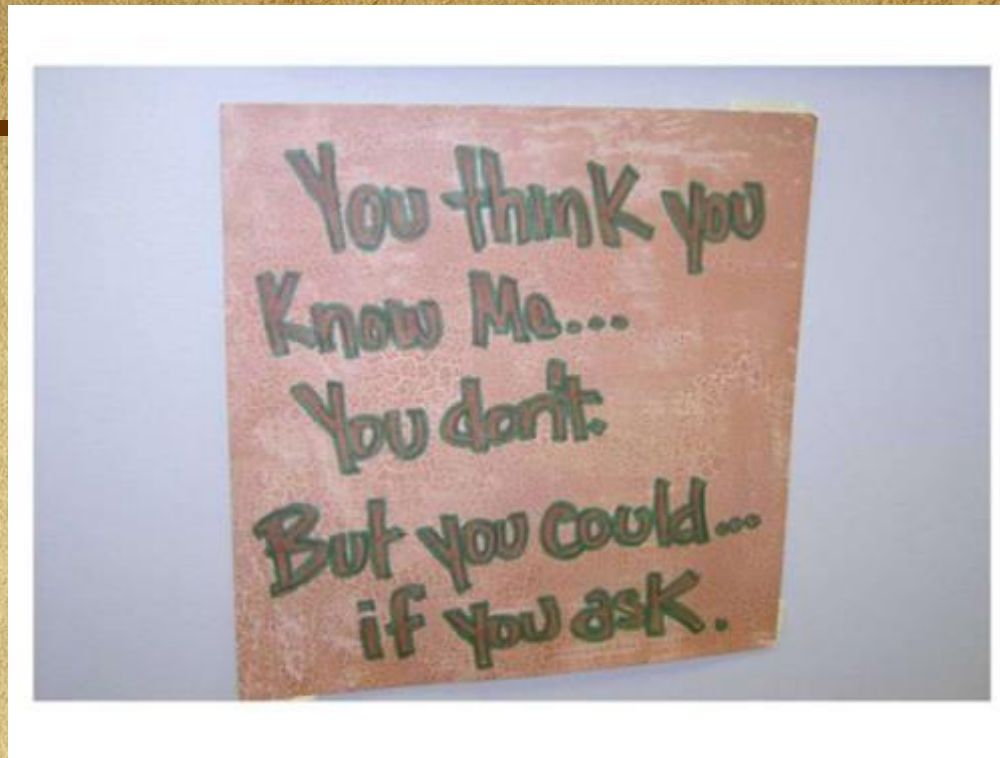




Practice Strategies

- Working with networks: Students
 - Safety net planning with students
 - Growing a student's network
- Working with networks: Community
 - Connecting with resources
 - Advocating and fostering relationships for student benefit





Fostering Success Coaching THE STUDENT PERSPECTIVE



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Real World Application

Coaches have supported me personally with

- Assistance with budgeting
- Establishing safe housing
- Seeking education services
- Building professional connections
- Seeking mental health services
- Leadership Skills
- Establish and maintain boundaries with family

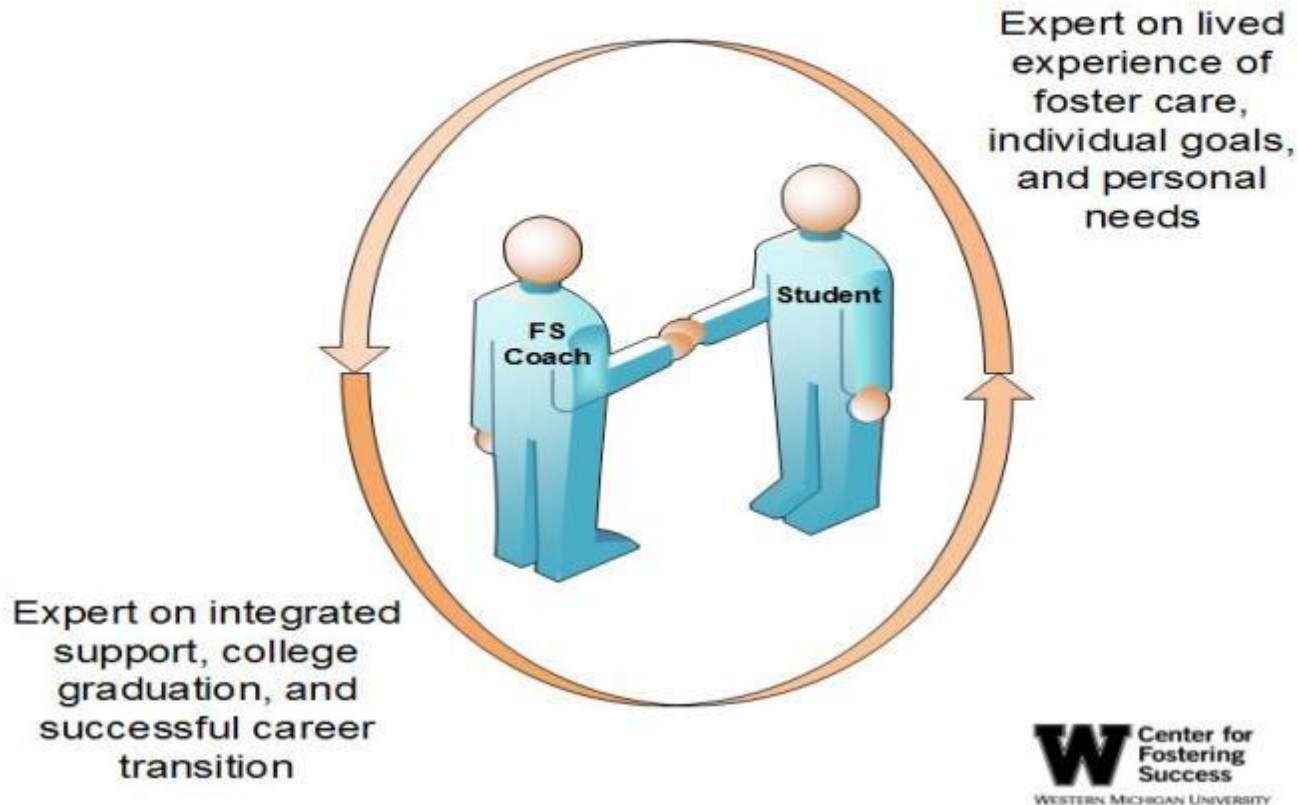


Need	Life Domain
Assistance with budgeting	Finances Life Skills
Safe housing	Housing
Seeking education services	Education and Academics
Building professional connections	Supportive Relationships & Community Connections
Seeking mental health services	Physical and Mental Health
Leadership	Cultural and Personal Identity, Employment, Supportive Relationship
Set and maintain boundaries with family	Supportive Relationships



Interdependent Relationships

Interdependence in Student-Coach Relationships



Applying Skills in Real Time

- Gathering information
- Asking for help
- Interviewing for a job
- Checking back
- Using community resources
- Asking for clarification
- Using strategies to land a job
- Seeking professional assistance
- Establishing pride in accomplishments



“ AS ONE PERSON I CANNOT
CHANGE THE WORLD, BUT
I CAN CHANGE THE WORLD
OF ONE PERSON. ”

- PAUL SHANE SPEAR



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THERE WILL NEVER BE
AN EASY BUTTON

Graphic courtesy of Foster Care Alumni of America. Fostercarealumni.org



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For more information:

Ronicka Hamilton:

ronicka.hamilton@wmich.edu

Jamie Crandell:

jamie.crandell@wmich.edu,

www.wmich.edu/fosteringssuccess



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