



A Study On Effects Of Coaching For Aptitude And Reasoning Test At Kalaburgi District Karanataka State

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Abstract

This study investigates the effect of coaching on performance in aptitude and reasoning tests. Aptitude and reasoning tests are widely used in academic admissions, employment processes, and competitive examinations to assess problem-solving abilities, logical reasoning, and critical thinking skills. Coaching is often employed as a preparatory strategy to enhance test performance.

The research aims to examine the extent to which structured coaching programs influence test outcomes, focusing on improvements in speed, accuracy, and confidence level among participants. A mixed-method approach combining quantitative analysis of test scores and qualitative feedback from participants is adopted to assess the impact comprehensively.

The study involves a sample population of test takers divided into groups: those who did not pre-and post-test. Scores are analysed to measure performance differences. Factors such as the duration, content quality, and teaching methodologies of coaching programs are also considered to understand their effectiveness.

Preliminary results suggest that coaching significantly enhances test performance, particularly in sections requiring pattern recognition, numerical problem-solving, and verbal reasoning. However, the findings also indicate variability based on individual learning styles, motivation, and prior knowledge. The study concludes with a recommendation for optimizing coaching strategies to ensure equitable benefits for diverse learners.

This research contributes to the growing discourse on the role of preparatory intervention in standardized testing and offers insights for educators, policymakers, and test developers.

Key words: Effect On Coaching, Coaching Aptitude And Reasoning Test, Performance Test Preparation, Skill Enhancement, Learning Strategies,

Introduction

Aptitude and reasoning tests have become essential tools in evaluating individuals' analytical, logical, and problem-solving abilities. These tests are widely used in academic admission, job recruitment processes, and competitive examinations, serving as a benchmark for assessing cognitive skills and decision-making capabilities. Given their significance, preparing for these tests has become a critical concern for students and professionals aiming to achieve higher scores and improve their chances of success.

Coaching programs have emerged as popular method to enhance test preparedness. These programs are designed to provide systematic guidance practice opportunities and tailored strategies for taking various components of aptitude and reasoning tests such as numerical reasoning verbal reasoning and logical problem solving while coaching is widely perceived as beneficial its actual impact on test performance remains a topic of interest and debate

This study examines the effects of coaching on aptitude and reasoning test performance focusing on its influence on key aspects such as accuracy speed confidence and overall test outcomes its aims to assess whether coaching provides a competitive advantage and explore how factors like the type quality and duration of coaching programs contribute to their effectiveness additionally the study seeks to understand the perspectives of test takers on the value of coaching in their preparing journey

Importance of Aptitude and reasoning coaching classes

By evaluating these aspects the research aims to provide actionable insights for educators

Objectives of the study

- 1) To know the importance of aptitude and reasoning coaching classes
- 2) To evaluate the impact of coaching on test performance
- 3) To identify specific areas of improvement
- 4) To explore the role of coaching methodologies
- 5) To assess the relationship between coaching duration and effectiveness
- 6) To examine demographic variations in coaching outcomes

- 1) **Importance of Aptitude and Reasoning coaching class** : aptitude and Reasoning coaching classes ply a significant role in preparing individuals for various competitive exams job placements and career advancements here are some key reasons why these class are important

A) **Structured Learning** :

Systematic Approach: coaching classes provide a structured curriculum that covers all essential topics methodically

Step by step guidance: they break down complex concepts into simpler parts making it easier for students to grasp

2) **Expert Guidance** :

A) **Experienced Trainers** : professional coaches bring expertise and insights that are crucial for understanding tricky problems and learning effective problem-solving techniques

B) **Personalized feedback**: coaching can identify individual strength and weaknesses offering tailored advice to improve performance

3) **Time management** : efficient Techniques : coaching classes teach shortcuts formulas and strategies to solve problems quickly which is essential in time constrained exams

Practice under timed conditions: Regular mock test simulate exam environments helping students improve their speed and accuracy

4) **Comprehensive preparation**: wide range of topics: aptitude and reasoning tests covers various areas like quantitative aptitude logical reasoning verbal ability and data interpretation coaching classes ensure comprehensive coverage of all these topics

Regular practice: They provide sample practice materials including question bank sample papers and previous year's exams papers.

- 5) **Confidence Building** : Regular Assessments: frequent test and quizzes help students track their progress and build confidence in their abilities
Motivations and supports: the supportive environment in coaching classes encourages students to students to stay motivated and focused on their goals
- 6) **Peer Learning** : collaborative Learning interacting with peers allows students to exchange ideas discuss different approaches to solving problems and learn from each other's experiences
Healthy competition: Being part of a group with similar goals fosters a competitive spirit which can drive students to performs better
- 7) **Updates curriculum** : Latest Exam patterns : coaching classes stay updated with the latest trends changes in exams patterns and question formats ensuring students are well prepared

Adaptive Techniques: They adapt their teaching methods based on current exams requirements which may not always be possible in self-study

Overall aptitude and reasoning coaching classes provide the necessary guidance resources and practice to help individuals excel in competitive exams and career challenges

2) To evaluate the impact of coaching on test performance: To objectives of exploring the role of coaching methodology are focused on understanding and enhancing the effectiveness of coaching practices. Here's a detailed explanation.

A) Understanding effectiveness: The primary objective is to assess how different coaching methodologies contribute to the success of coaching sessions. By exploring this we can determine which methods are most effective in helping participants achieve their goals

B) Identifying Best Practices: This involves analysing various coaching techniques to identify those that consistently deliver positive outcomes. The goal is to establish a set of best practices that can be widely adopted for successful coaching.

C) Enhancing Skill Development: Coaching methodologies play a significant role in developing specific skills and competencies. This objective focuses on understanding how these methodologies facilitate skill acquisition and improvement

D) Promoting Personal and Professional Growth: Effective coaching methodologies should foster both personal and professional development. Exploring these methods helps in understanding their impact on self-awareness confidence and career advancement.

E) Improving Coach-Participant Relationship: The relationship between the coach and the participant is crucial for the success of coaching this objective seeks to examine how different methodologies influence this relationship making it more effective and supportive.

F) Customizing Coaching Approaches: Individuals and groups have unique needs this objective aims to explore how coaching methodologies can be tailored to address these specific needs providing a more personalized and impactful coaching experience

G) Measuring Long- term Impact: It is important to understand the long-term effects of coaching methodologies on participant. This involves exploring how different methods influence sustained performance motivation and the achievement of long – terms goal.

3) To Identify Specific Areas Of Improvement : the objectives of identifying specific areas of improvement in a given context such as program or organizational process are crucial for enhancing effectiveness and achieving better outcomes here's detailed explanation:

- A) **Enhancing Performance:** The primary objective is to pinpoint areas where performance is lacking or could improve this help in implementing targeted strategies to boost overall effectiveness and productivity.
- B) **Optimizing Processes:** By identifying specific areas of improvement organizations can streamline their processes reduce inefficiencies and enhance the quality of outputs this leads to more effective operations and better resource utilization
- C) **Increasing Participant Satisfaction:** In the context of coaching identifying areas for improvement can help tailor the coaching experience to better meet the needs and expectations of participant there by increasing their satisfaction and engagement.
- D) **Strengthening Skill and Competencies:** This objective focuses on recognizing gaps in skills and competencies that need development addressing these gaps help individuals grow and perform better in their roles.
- E) **Fostering Continuous Improvement:** Identifying areas of improvement promotes a culture of continuous learning and development. It encourages regular assessment and adaptation to evolving needs and challenges
- F) **Aligning with Goals and Objectives:** This involves ensuring that all processes and activities are aligned with the broader goals and objectives of the organization Identifying areas of improvement helps in realigning efforts to stay on track and achieve desired outcomes
- G) **Enhancing Innovation and Creativity:** Recognizing areas for improvement can also uncover opportunities for innovation By addressing these areas organizations can foster creativity and develop new more effective solutions.
- H) **Improving Employee Morale and Engagement:** Addressing areas of improvement often involves enhancing the work environment tools and support systems this can lead to increased employee morale engagement, and overall job satisfaction.
- I) **Ensuring Compliance and Quality Standards:** Identifying areas where compliance with regulations or quality standard may be lacking helps organizations take corrective action there by maintaining high standards and avoiding potential risks.

4) To Explore The Role of Coaching Methodologies:

- A) **Evaluating Effectiveness:** One Key objective is to assess how various coaching methodologies impact the effectiveness of coaching sessions this involves analysing which methods lead to successful outcomes such as goal achievement skill development and behaviour changes.
- B) **Identifying Best Practices:** By exploring different coaching methodologies the goal is to identify best practices that can be consistently applied to achieve positive results this helps in establishing a framework for successful coaching interventions
- C) **Enhancing Personal and Professional Growth:** another objective is to understand how coaching methodologies contribute to the personal and professional development of individuals this includes fostering self-awareness enhancing confidence and developing key competencies
- D) **Customizing Coaching Approaches:** People have unique needs and goals exploring coaching methodologies help in determining how these methods can be customized to provide a tailored that meets the specific needs of which individual or group

E) **Fostering Innovation and Creativity:** some coaching methodologies may encourage innovative thinking and creativity by exploring these methods the objective is to understand how they can be used to foster a culture of innovation and problem-solving

F) **Measuring Impact and Outcomes:** Lastly a key objective is to measure the impact of coaching methodologies on both individual and organizational outcome this includes assessing improvements in performance satisfaction and achievement of goals.

5) **To assess the relationship between coaching duration and effectiveness:** The objectives of assessing the relationship between coaching duration and effectiveness focus on understanding how the length of coaching engagements impacts outcomes.

A) **Determining Optimal Duration:** The Primary objective is to identify the optimal duration of coaching sessions or programs that maximizes effectiveness this involves finding the right balance between too short which may not provide enough time for significant progress and too long which may lead to diminishing returns

B) **Evaluating Impact on Goal Achievement :** This objective aims to assess how the duration of coaching affects the ability of participants to achieve their goals understanding this relationship help in designing coaching programs that are appropriately timed to support goal attainment

C) **Analogizing Behavioural Change :** coaching often aims to foster behavioural change this objective focuses on evaluating how the length of coaching engagements influences the extent and sustainability of such changes over time

D) **Understanding Learning and Development :** Longer coaching duration may allow for deeper learning and skill development this objective seeks to explore how the duration of coaching sessions impacts the acquisition and reinforcement of new skills and knowledge

E) **Assessing Participant Satisfaction:** The length of coaching can influence participant satisfaction and engagement this objective aims to understand how different coaching duration affect participants overall experience and satisfaction with the coaching process

F) **Measuring Return On Investment:** Organization invest time and resources in coaching programs this objective focuses on evaluation how the duration of coaching impacts the return on investment ensuring that the resources allocated are yielding the desired outcomes

G) **Exploring Long-term Impact:** The objective here is to assess the long-term effectiveness of coaching relative to its duration this involves understanding how different durations contribute to sustained improvements in performance and behaviour

H) **Customizing Coaching Programs:** By understanding the relationship between coaching duration and effectiveness organization can better tailor their coaching programs to meet the specific need of different participants ensuring more personalized and impactful coaching experiences

I) **Identifying Diminishing Returns :** This objective seeks to explore whether there is a point at which additional coaching duration yield minimal or no additional benefits helping to avoid unnecessary extensions of coaching engagements

6) **To Examine Demographic Variations In Coaching Outcomes :** The objectives of examining demographic variation in coaching outcomes focus on understanding how different demographic factors influence the effectiveness and impact of coaching programs here's a detailed explanation

- A) **Identifying Differential Outcomes :** The primary objective is to assess how coaching outcomes vary across different demographic groups such as age gender ethnicity educational background and professional experience this helps in identifying specific patterns or disparities in coaching effectiveness
- B) **Enhancing Inclusivity:** By understanding demographic variations organizations can ensure that coaching programs are inclusive and equitable catering to the diverse needs of all participants this objective aims to promote equal access to coaching benefits for individuals from various background
- C) **Customizing Coaching Approaches:** Different demographic groups may have unique needs preferences and challenges this objective seeks to explore how coaching methodologies can be tailored to address these differences providing a more personalized and effective coaching experience
- D) **Understanding Cultural Influences :** Demographic variations often include cultural differences that can impact coaching outcomes this objective focuses on examining how cultural factors influence the coaching process and the ways in which coaching can be adapted to be culturally sensitive and relevant.
- E) **Assessing Equity in Goal Achievement:** This objective aims to evaluate whether certain demographic groups are more or less likely to achieve their coaching goals understanding these variations helps in identifying addressing potentials barriers to success.
- F) **Improving Program Design:** Insights from examining demographic variations can inform the design of coaching programs ensuring they are structured to effectively meet the needs of a diverse participant base this objective supports the creation of more inclusive and adaptable coaching frameworks.
- G) **Promoting Awareness and Sensitivity:** This objective seeks to raise awareness about the importance of demographic factors in coaching it emphasizes the need for coaches to be sensitive to these differences and to approach coaching with an understanding of participant unique contexts.
- H) **Enhancing Participant Engagement :** Understanding demographic variations can help in designing coaching programs that resonate better with different groups thereby increasing participant engagement satisfaction and commitment to the coaching process
- I) **Evaluating Long-Term Impact Across Demographics:** This objective focusses on assessing whether the long-term impact of coaching differs across demographic groups understanding these difference help in developing strategies to ensure sustained benefits for all participants.
- J) **Supporting Organizational Diversity and Inclusion Goals:** By examining demographic variations in coaching outcomes organizations can align their coaching initiatives with broader diversity and inclusion goals this objective supports the development of coaching programs that contribute to a more diverse and inclusive organizational culture.
- Overall these objectives aims to ensure that coaching programs are effective inclusive and equitable ultimately enhancing the impact of coaching across diverse demographic groups.

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Untitled form - Google Forms

Survey Questions and Possible Answer

Name of the Student

Qualification

Gender.....

Age.....

Name of the college or University.....

Preparing for

Cell Number.....

1) Did you attend any coaching program for aptitude and reasoning tests?

A) Yes B) No

2) What type of coaching program did you attend?

A) Online B) Offline C) Both

3) How long did you attend the coaching program?

A) Less than 1 month B) 1-3 months C) 3-6 months D) More than 6 months

4) How would you rate the quality of the coaching program?

A) Excellent B) Good C) Average D) Poor

5) What areas did the coaching help you improve the most?

A) Numerical reasoning B) Verbal Reasoning C) Logical Reasoning D) Problem-solving speed E) Confidence level

6) Did you notice an improvements in your test scores after attending the coaching?

A) Significant improvement B) Moderate Improvement C) Slight improvement D) No improvement

7) Do you think the coaching program addressed your individual learning needs?

A) Strongly Agree B) Agree C) Neutral D) Disagree E) strongly Disagree

8) How often did you practice aptitude and reasoning questions outside the coaching sessions?

A) Daily B) weekly C) occasionally D) rarely

9) What challenges did you face while preparing for aptitude and reasoning test even with coaching?

- A) Lack of time for practice B) difficulty understanding concepts
C) Inadequate resources D) stress and anxiety

10) Would you recommend coaching programs to others preparing for aptitude and Reasoning tests?

- A) Yes B) No

11) What additional support do you think would improve coaching programs for aptitude And reasoning tests?

- A) More practice tests B) individualized feedback
C) Stress management workshops D) Better resources and materials

12) Do you feel the coaching was worth the investment of time and money?

- a) Yes definitely
b) Yes somewhat
c) No not really
d) No not at all

13) What were your expectation from the coaching classes?

- a) Improve problem-solving speed
b) Learn new techniques and strategies
c) Get personalized guidance

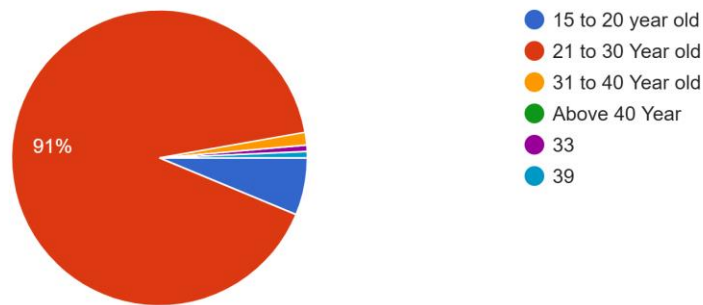
14) What aspects of the coaching classes did you find most beneficial?

- a) Comprehensive study material
b) Interactive sessions
c) Experienced instructors

1) Survey is on the age

Age

144 responses

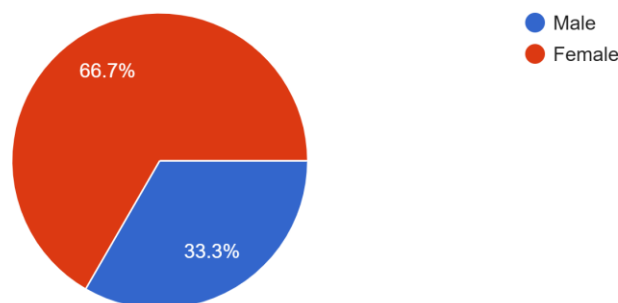


As per this survey report we can say that majority of the student age for preparing competitive examination age is form 21 year to below 30 year it means that competitive exams are preparing the in these age student's learning or earning and turning point to all , because of they may go to higher education or else job seeker and not only on this age from 15 year to 20 years student also studies about this because of After that the 12 pass or diploma student are creak the government job like SSC or Railway Exams. Clerical jobs in this survey we understood that from 15 to 30 years age student are preparing the Aptitude and Reasoning coaching class and test also

2) Survey is on the Gender

Gender

144 responses

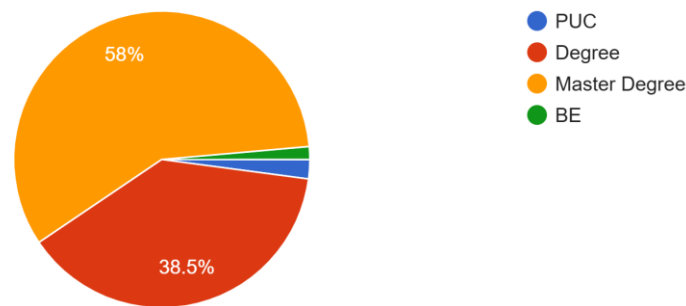


According to this survey among the 144 respond 33.3 % are male and female are 66.7% it means that the majority of student are female only from this survey we can say that the awareness of aptitude and reasoning coaching class much given importance from girls only they are more serious on this

3) Survey is on the Qualification

Qualification

143 responses



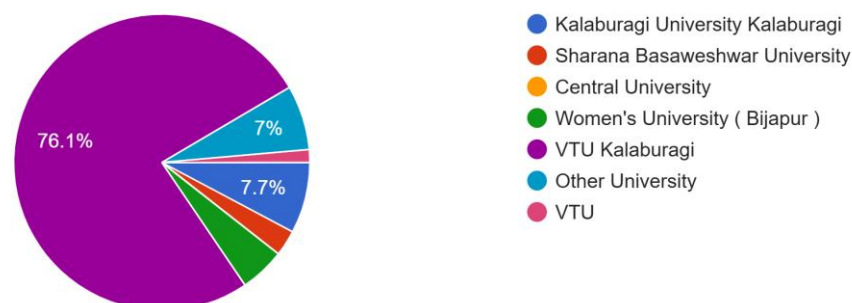
From this survey is on student Qualification who may serious on this study means master

Degree student because next goal or aims that to pass or clear any government job or private job to settled in the life of Couse this is true that after the completion of the qualification he or she may in the stage of earning it means that after the master degree aptitude and reasoning class are more importance to get the jobs

4) Survey is on the presently studying in Which University Or P.U Board?

Presently studying in Which University Or P.U Board?

142 responses

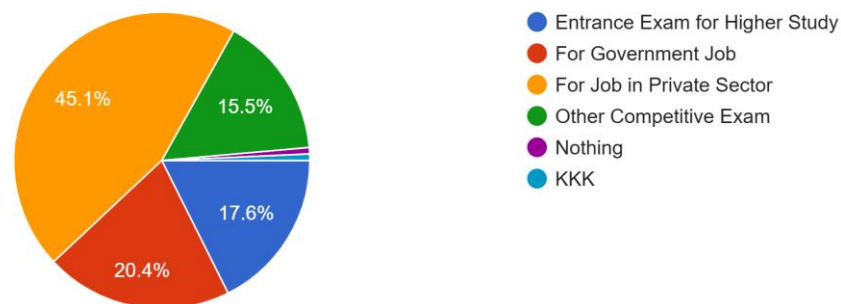


From this survey majority of respondent from the Visvesvaraya Technology Kalaburagi that is 76.1% it does not means that other are not studies this subject but they are not respondent to this survey here in this survey is open to all the student like kalaburagi university kalaburagi , sharana basaweshwar university , central University, women's university and VTU

5) Survey is on Preparing For

Preparing For

142 responses

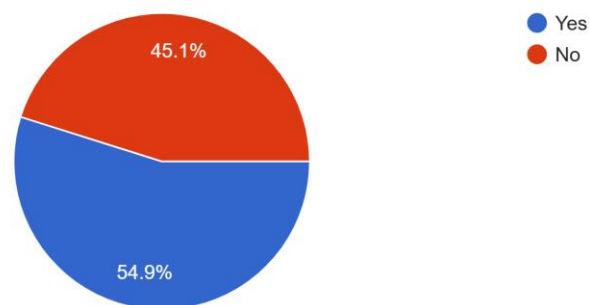


Among the 142 student response 45.1% of the student for the job in private sector and 2nd preference is to government job that is 20.4% and 17.6% Entrance Exams for Higher Study and means that all are ready to preparing the aptitude and reasoning for the job and 2nd poverty for the higher study .

6) Survey is on the Did you attend any coaching program for aptitude and reasoning tests?

1) Did you attend any coaching program for aptitude and reasoning tests?

144 responses

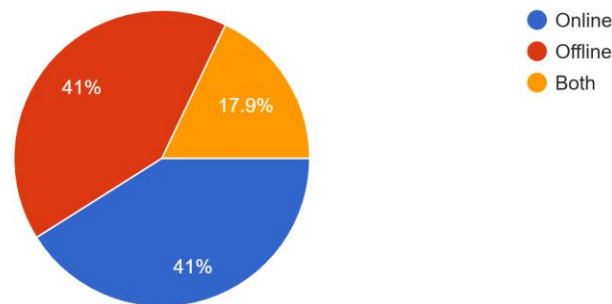


In this survey report we can understand and near to 55% of the student went to coaching any hope that many student may got online video or guidance to aptitude and reasoning coaching because the subject of aptitude and reasoning may not be understand without the preparation on coaching or self-strong self-hard work here we can see that 45% of the student may not got coaching but some where they got guidance for these two subject

6) Survey is on the which type of coaching program did they attend

2) What type of coaching program did you attend?

134 responses

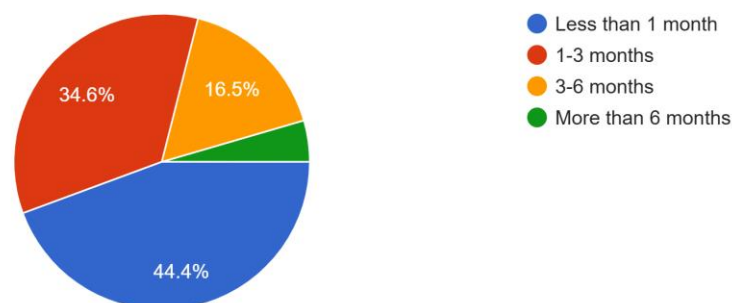


Here the total number of 134 student respond for this question among them 41% of the student online and 41% student of offline and 18% of student are both they follow from this survey report

7) Survey is on how long did student attend the coaching program?

3) How long did you attend the coaching program?

133 responses

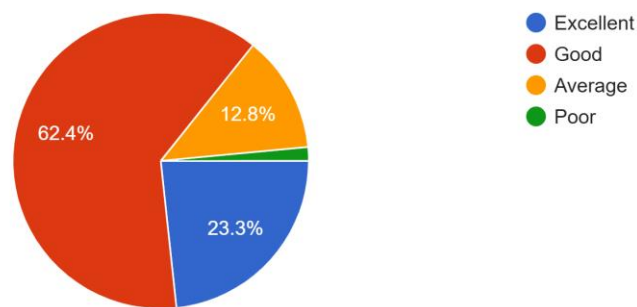


In this survey on the student are interested to attend the class for who many months wanted to attend the class it means that less than 1 month attend the class for aptitude and reasoning class after that student are ready to go for relevant books website or free online class ones they got idea about the class they will go to contrive for self-study but here we can say that less than one month of the coaching or preparation on the aptitude and reasoning class for any of the entrance or for job its not be sufficient and 34.6% of student got 3month of coaching they got some where they have knowledge about the subject and they may completely got some basic knowledge of the two subject 17% of the student got the more the 3 month or 6month coaching they got it more sufficient to the student for complete the subject for creak the entrance exams but its depend on the student performance

8) Survey is on the feedback form the student already they got coaching

4) How would you rate the quality of the coaching program?

133 responses

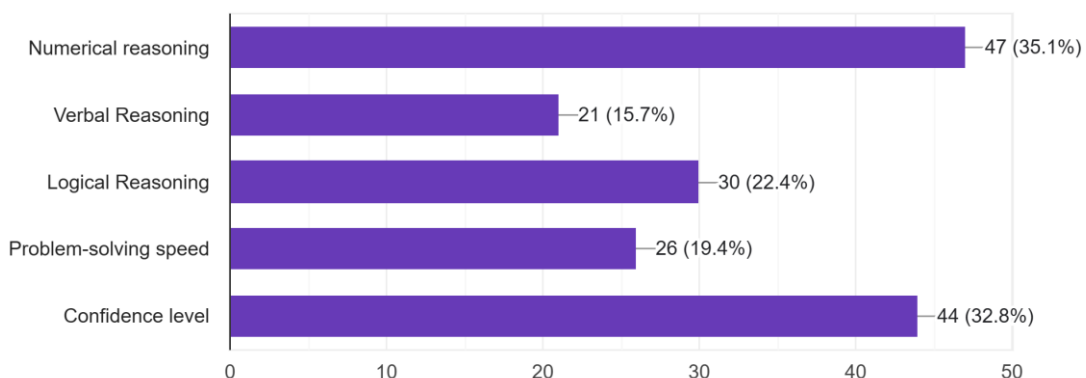


According to this feedback we can study about the coaching center quality there that many of the student got take good response 62.4% of the student said that good. And 23.3 % of student say excellent from this survey we can say that student are more happy to got coaching class and even they ready to prefer to sent to others also like there friends

9) Survey is on improvement of the student on particular topic or subject

5) What areas did the coaching help you improve the most?

134 responses

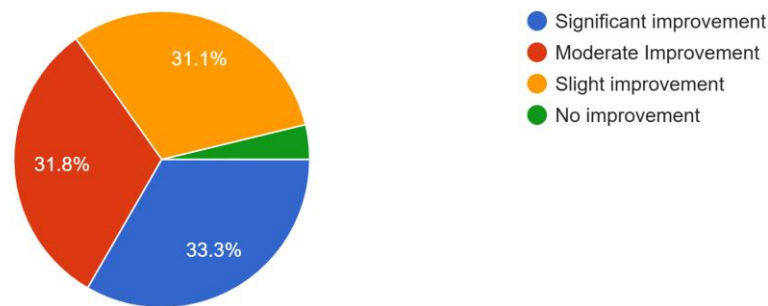


Total number of student 134 respond on this question among them 35% of the student told numerical reasoning topic they covered and improved lot and 32.8% confidence level from this survey I found that not only 1 or 2 benefit of the coaching its many more advantages like numerical reasoning. Verbal Reasoning , logical Reasoning , Problem-solving speed, confidence level may more advantage of the coaching class but in this survey we got only five reason from the student

10) Survey is on did they notice improvements in there test scores after attending the coaching

6) Did you notice an improvements in your test scores after attending the coaching?

132 responses

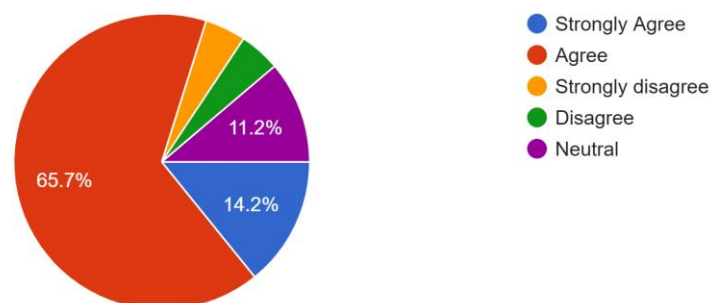


According to the 132 responses I undusted that positive in the test scores in the test 33.3%of student responses significant improvement in the test it means that student got confident level improved from coaching and there test also and 31.8% they told moderate improvement it means that student change in score its and 31.1% of student slight improvements its means that student may change in slowly it means that they are not practices in coaching or home and very five response like no improvement but the thing is we can't ignore negative response also.

11) Survey is on did coaching programmer addressed students individual learning needs

7) Do you think the coaching program addressed your individual learning needs?

134 responses

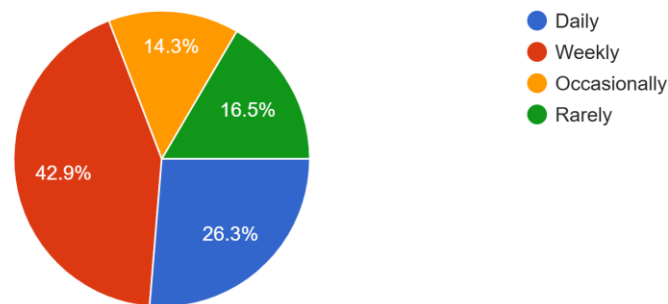


It means that from coaching student feel individual care on study or not but here student give the responses 134 under this 65.7% of student agree this of course all the coaching centre given individual care to student and 14.2% strongly agree on this according to this question all student are satisfied on this caring and 11.2% of student told neutral it means that they may not be give the answer on this

12) Survey is on how student are making practice aptitude and reasoning questions outside of the session

8) How often did you practice aptitude and reasoning questions outside the coaching sessions?

133 responses

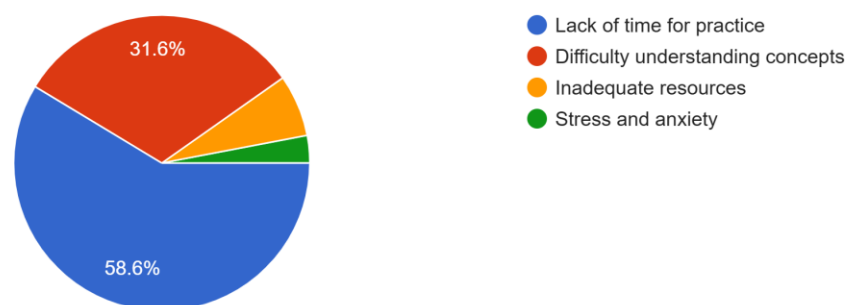


Its most Important for the student because of in the competitive exams whether they are attending means that they need lots of practise on test but how many student are doing practise are not. 42.9 % student doing weekly test or sessions they do self and may because of in a week may be one or two module or topic may finish or cover there for student are doing practice outside of coaching for practise for test in coaching class perform and 26.3% of student doing daily its very good for the student whether they do work on daily. And finally 16.5 % student rarely its very bad for the student because of when student are not practice out of the session means there success is changes may low in the competitive according to my suggestion is that to do work or test on daily or weekly than only students and teacher effort may success .

13) Survey is on after the coaching class student challenges face while preparing for aptitude and reasoning test.

9) What challenges did you face while preparing for aptitude and reasoning test even with coaching?

133 responses

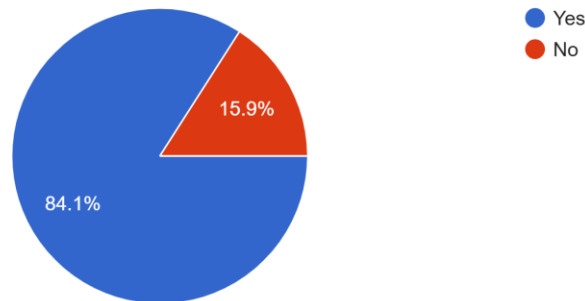


Its good question for the student what they may face the problem 58.6% students are lack of time for practice student wanted to practice the question but they feel less time for practice it means that students doing work on degree and master degree after that student may get time then they ready to practice on aptitude and reasoning subject and 31.6 % of difficulty understanding concepts because of these two subject student are not studies in degree or master degree and some not maths bag ground may feel difficulty. Aptitude and reasoning topics are differ from one to other topics all are independent topics even that some are based on maths and logic based and diagram based question and its difficult in understand also.

14) Survey is on final question to student when they got coaching mean they may inform to other or not

10) Would you recommend coaching programs to others preparing for aptitude and Reasoning tests?

138 responses



In this Question 138 student responses 85% student told that yes they recommend to other only five are not ready it means that all are satisfy for the coaching and they may say to other.

Conclusion:

In conclusion the coaching survey provides valuable insights into the effectiveness of coaching programs and their impact on individual personal and professional development. By analysing responses organizations can identify strengths and areas for improvements in their coaching strategies the feedback collected helps tailor coaching methods to better meet participant needs enhance overall satisfaction and outcomes ultimately this continuous feedback loop fosters a more supportive and productive coaching environment leading to improved performance engagements and growth for both individuals and the organization as whole.

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