

# HSU DEPARTMENT OF SOCIAL WORK

## PROFESSIONAL ACADEMIC COACH PROGRAM



- Regional PACs who live and work in your region
- PACs are from Humboldt State University MSW program
- Can provide student support to distributed learning students:
  - Emotional support
  - Self-Care
  - Work & Life Balance
  - Time Management
  - Professional Development
  - Academia



### CONTACT YOUR PAC

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*Do you know who your Professional/Academic Coach is?*

