

Reference for Adrian Finnegan

I was recommended to Adrian by one of his current clients in 2008. At the time I was approaching the end of my first year at Lancaster University studying Psychology and felt that I was underachieving in my studies. When I heard about the coaching that Adrian offered I was extremely interested to see if he could help me, which he has greatly. Before starting my coaching with Adrian, I was averaging a low 2.2 grade at university, which was below what I was aiming for (a 2.1). I struggled with my studies, I found it difficult to be analytical in my work, found it hard to plan my work, and most importantly found it difficult to concentrate when revising! Adrian assured me that he would be able to help me change all of these, which he has done and for that I am extremely grateful. During the coaching I encountered a number of different tasks; some sessions we would look over my essays and discuss how I did in them and others we would have more specific tasks, such as rapid memory recall (which is extremely challenging and fun!). What I thoroughly liked about Adrian's coaching style was that he prompted me to think about what I had done (along with his guidance) and inspired the changes in my work to come from myself, something that I have not found from other tutors who would just tell me where I had gone wrong. The tasks changed every session depending on what I was being coached on, each of which inspired me to work even harder. One thing that I particularly enjoyed about Adrian's coaching was his approach to it, in that he wanted to understand how my mind operated so that he could develop new specific tasks to help improve my ability. I am now at the end of my final year at university, and I definitely feel that I would not be in the position that I am at now were it not for Adrian. When Adrian began coaching me, my aim was to up my average grade to a low 2.1. I have surpassed this now and my average grades are now between an average 2.1 and a 1st. The coaching from Adrian has brought my studies along greatly such that I, and my peers, have noticed a difference in the way that I now approach and conduct my work. I recommend Adrian to anyone who wants to improve any aspect of their academics, as he has helped me greatly over a number of different problems that I originally had. I choose to still come to Adrian for coaching. I expect I will be for some time to come!

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