



**Triton College**

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## **Triton College Helps Students Build Skills for Academic and Career Success**

**RIVER GROVE, Ill.** — Sometimes, we all need a little bit of help — a little assistance here and there to get our ducks in a row, catch up on our work, and prepare for the next task. But asking for help and getting the guidance you need is often easier said than done, according to Danielle Flores, coordinator of the Center for Access and Accommodative Services (CAAS) at Triton College.

That's why Flores is working to break down barriers and improve access for students, helping them foster and strengthen the skills needed to achieve their academic goals and set themselves up for success when they enter the workforce.

Flores specializes in executive function coaching, which helps individuals develop and strengthen the cognitive skills needed for organization, planning, and task completion. Coaching focuses on improving everyday skills like time management, organization, planning, working memory, and emotional regulation.

Executive function coaching isn't a novel concept, Flores said, but it's something that frequently flies under the radar. And asking for help is something that has become highly stigmatized, she added.

"We're supposed to be people who can do everything and anything, but that's just not how it is," she said. "I think we learn from our mistakes, and I think it's always important to ask for help because there's always someone else who can do something better than you — and that's okay."

"You can't always be the best. I think it's important that we normalize asking for help."

Flores has provided executive function coaching at Triton College since the spring of 2024. Since then, she's helped roughly 30 students. Most students who seek her assistance need help with time management, turning in assignments on time, focusing, studying, and improving their grades.

Flores said the coaching process involves identifying specific challenges, setting goals, and implementing strategies to attain better outcomes. Because no two people are the same, each case is individualized, and the frequency with which she meets with students varies. Students work with her to identify where they need help and make a plan to reach their objectives.

First-year student William Malinowski has been attending coaching sessions with Flores since starting at Triton. Malinowski, who's pursuing an associate degree in business, said he was falling behind in his classes and struggling to keep his grades up, prompting him to seek guidance from Flores.

"When I had an issue with a class and my grades, I always talked to Danielle about them, and she would help me understand what I should do," he said.

After meeting with Flores, Malinowski began using Otter.ai, a speech-to-text software that allows users to record conversations and lectures and convert them into written text for later reference.

"By using Otter, it really helped me study for my exams, tests, and also my assignments," said Malinowski, who urged other students to seek academic coaching if they think they might need it.

Flores, who holds a bachelor's degree in psychology, previously worked in special education for 15 years and later in the private sector, coaching students and working adults from across the country and beyond in executive functioning.

"These aren't just students that need a helping hand," she said. "These are doctors and lawyers, and they just couldn't quite manage their schedules, or they didn't have the best planning resources. These are everyday people."

Flores emphasizes that her work at Triton College is about much more than helping students improve their grades. It's about working with them to build skills that will allow them to excel in their future careers.

"The cool part is that in finding the tools that work for you now, when you go into the workplace, you can be successful. You can complete your tasks efficiently, and then you can have time for a balanced life, a family, and friends."

Students interested in coaching sessions can contact [academiccoaching@triton.edu](mailto:academiccoaching@triton.edu).

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### **ABOUT TRITON COLLEGE**

Triton College is an institution of higher education dedicated to student success. Triton offers more than 120 degree and certificate programs designed for students to realize their career aspirations and effectively compete in a global economy. The college campus spans 110 acres in River Grove, Illinois, holds classes at satellite locations and offers online learning opportunities. Triton's exemplary faculty and staff work to provide high-quality, convenient and affordable educational opportunities to more than 10,000 students each year. Triton College is a member of The Community Colleges of Illinois and accredited by the Higher Learning Commission. Learn more at [triton.edu](http://triton.edu).