

## Institutional and Individual Benefits of Monia Thrive Sessions

### Institutional Benefits Focused on Retention and Cost Savings

- **Increased Retention and Persistence**  
Regular, individualized 1-on-1 support improves clarity, motivation, and skills, resulting in retention rates up to 15% higher. This reduces attrition and helps more individuals complete their programs.
- **Reduced Course Withdrawals and Failures**  
Early identification of challenges and proactive support prevent costly academic setbacks, keeping individuals on track and helping institutions avoid lost tuition revenue.
- **Lower Demand for Crisis Services**  
By promoting wellness and resilience, the program decreases reliance on emergency mental health and academic interventions, easing pressure on counseling and support centers.
- **Improved Use of Campus Resources**  
Guidance on when and how to access campus services maximizes the effectiveness of existing institutional investments across career, advising, and wellness programs.
- **Cost Savings and Revenue Growth**  
Even a 1% increase in retention can generate over \$500,000 additional revenue per cohort for mid-sized institutions. Higher persistence reduces recruitment, course repeat, and delayed graduation costs.
- **Early Identification of At-Risk Individuals**  
Continuous check-ins and data insights allow timely, targeted interventions that improve success rates and streamline institutional support efforts.
- **Actionable Data for Program Improvement**  
Customized reports highlight engagement patterns, common challenges, and growth areas, enabling data-driven decisions to optimize resources and close support gaps.
- **Enhanced Equity and Inclusion**  
Culturally responsive 1-on-1 support builds trust and belonging, helping institutions reduce disengagement and better serve diverse communities.
- **Scalable and Consistent Support Model**  
Dedicated 1-on-1 sessions without adding staff workload allow institutions to expand personalized support across cohorts and departments without structural changes.

## **Individual Benefits from 1-on-1 Support**

- **Greater Clarity and Direction**

Personalized 1-on-1 support helps individuals understand their values, strengths, and goals, enabling informed decisions about academics, careers, and personal growth.

- **Effective Goal Setting and Follow-Through**

Structured support and planning turn aspirations into actionable steps, building momentum and confidence to achieve meaningful outcomes.

- **Stronger Self-Advocacy and Communication Skills**

Regular sessions build confidence in expressing needs, setting boundaries, and engaging professionally with faculty, staff, and peers.

- **Sustainable Time Management and Productivity**

Support focuses on building healthy routines and systems that balance academic responsibilities with wellness and personal life.

- **Increased Sense of Belonging and Connection**

Ongoing relationship-based support reduces isolation and fosters meaningful connections, especially for those from underrepresented or first-generation backgrounds.

- **Enhanced Resilience Through Challenges**

Tools and reflection practices help individuals manage stress, adapt to setbacks, and maintain progress through transitions or difficult periods.

- **Long-Term Growth and Success**

The process supports sustainable personal and professional development, preparing individuals for life beyond their current academic or career stage.