

Measurable results
in a single semester



IMPROVE **RETENTION**, **STUDENT WELLNESS** AND **COGNITIVE PERFORMANCE**

How it Works

- Science-based platform that delivers micro-coaching and personalized check-ins
- Students build durable habits around focus, sleep, energy, stress, and emotional regulation with **20-30% improvement within a single semester**
- Improved cognitive performance and wellness **boosts retention for colleges and universities**
- Administrators get clear, aggregated reports that inform student-success strategy.
- No IT lift or integrations



Typical Pilot Model

\$10 per student per month based on 1,000 students.

Flexible in scale, evidence-driven, equitable, and ready to integrate with existing student-success workflows.

Impact

“Working with Autonomic has been genuinely life changing. The advice I received wasn't just informative, it was practical and tailored to my life.

Ashleigh Rodger, Conestoga College

“I was happy to see that there was broad application and appreciation of the tool. Students from varying programs, campuses, learning levels, needs found utility in the product and expressed positive outcomes that supported their wellbeing, learning and overall success.

Sunand Sharma, Conestoga College
Dean of Students

Student Experience

Voluntary.

Opt-in participation with the ability to withdraw anytime.

Not tied to coursework or grades.

Anonymized data reporting.

High engagement.

Autonomic goes on-campus to work directly with student leaders and hires.

