

# How To **COLLEGE**

## **YOUR GUIDE TO SUCCESS AT UNA**

**AUGUST 18 & 19, 1 - 3PM, STEVENS HALL 440**

### **AUGUST 18**

**1PM WELCOME**

**1:15 HOW TO... TAKE CONTROL OF YOUR TIME**

**1:30 HOW TO... FIND YOUR PEOPLE**

**2:00 HOW TO... OVERCOME ACADEMIC ANXIETY**

**2:20 HOW TO... NAVIGATE YOUR UNA INFO**

**2:40 HOW TO... GET THE MOST OUT OF YOUR DEGREE**

### **AUGUST 19**

**1PM WELCOME BACK**

**1:10 HOW TO... DO YOUR BEST IN CLASS**

**1:30 HOW TO... MEET CLASSROOM EXPECTATIONS**

**1:50 HOW TO... CONNECT WITH CAMPUS RESOURCES**

**2:10 HOW TO... LEARN FROM OTHERS**

**(STUDENT PANEL AND SUCCESS CENTER STAFF Q&A)**