



**BUILDING
OPPORTUNITIES FOR
NETWORKING AND
DISCOVERY**

**Fall Semester • 2021 - 2022
Weekly Skill Building Seminar**

MODULE 1

Let's Do This! Getting started at MSU

- Utilizing accommodations
- Health management
- Information and boundaries

MODULE 2

Successful Habits and Relationships

- Technology
- Staying on top of classwork
- Laundry and personal hygiene
- Roommates and relationships

MODULE 3

Get Out There! Working Together

- Study strategies
- Exploring community
- Coping with living away from home
- Group conversations

MODULE 4

Digging Deep: Self-care and Success

- Goal setting
- Physical activity
- Mental health awareness
- Deepening relationships

Each module will cover executive functioning, independent living, mental health, and communication skills.



Tuesdays 3 - 4:30pm

**For more information
contact: hillin1@msu.edu**



One time fee of \$200 • Earn back your payment through participation!

****SCHOLARSHIPS AVAILABLE****