BOND

BUILDING OPPORTUNITIES FOR NETWORKING AND DISCOVERY

Weekly Skill Building Seminar

**SCHOLARSHIPS AVAILABLE**

**BON**D

One time fee: $250

Tuesdays 3 - 4:30pm

Let’s do this! Getting Started at MSU

- Utilizing accommodations
- Health management
- Information and boundaries

Successful Habits and Relationships

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

Get Out There! Working Together

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

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 & communication skills.

Earn (back) up to $300 through participation!

hilllin1@msu.edu

Fall Semester

RESOURCES CENTER FOR PERSONS WITH DISABILITIES

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