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.

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

**SCHOLARSHIPS AVAILABLE**