

BOND

**BUILDING
OPPORTUNITIES FOR
NETWORKING AND
DISCOVERY**

Fall Semester • 2022 Weekly Skill Building Seminar

TOPICS INCLUDE:

- Time Management/Organization
- Note-taking
- Study and Test Taking Strategies
- Assistive Technology
- Mental Health
- Self-care
- Professional Communication
- Campus and Community Involvement

SPECIAL GUESTS MAY INCLUDE:

- MSU CAPS
- Student Life
- Campus Dietitian
- Fitness Services
- Wellness/Substance Use

EXCURSIONS:

- Campus Dining Hall
- Recreation/Sports Facilities
- Community Arts Center

REQUIREMENTS INCLUDE:

- Weekly Seminar Classes
- Weekly Coaching/Counseling Session with BOND Staff
- Study Tables
- Social Events



Tuesdays 3 - 4:30pm

For more information

contact: hillin1@msu.edu



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

****SCHOLARSHIPS AVAILABLE****