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

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

**SCHOLARSHIPS AVAILABLE**

Tuesdays 3 - 4:30pm
For more information contact: hilllin1@msu.edu