Fall Semester 2023 1-Credit UGS Course
Weekly Skill Building Seminar

Tuesdays 3:00 - 4:20pm
UGS 110 - 356 • Sign Up with Your Advisor

MSU UGS 110 courses are focused on developing skills that enable a successful transition to college; identifying/engaging in strategies and resources; and creating plans for academic success, social engagement, and wellness in college. Our section is exclusive to BOND students!

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

REQUIREMENTS INCLUDE:
• Weekly Class (Tuesdays, 3:00 - 4:20pm)
• Coaching/Counseling Session with BOND Staff
• Utilizing Campus Resources
• Social Events

For more information contact:
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