CAN YOU COMMIT 7 hours THIS QUARTER TO YOUR ACADEMIC WELL-BEING?

Join the UNDERGRADUATE PROGRAM FOR ADVANCING LEARNING – UPAL!

UPAL gives you the inside scoop on academic strategies that work at Northwestern. You meet weekly in a small group, with peer mentors, in a relaxed, supportive, and upbeat setting. Topics include:

- Organizing your time and managing procrastination in a fast-paced quarter
- Smart study strategies for a rigorous college curriculum
- Responding to stress and recovering from setbacks
- Interacting with faculty and accessing resources

JUST AN HOUR A WEEK FOR 7 WEEKS!

“I’d highly recommend UPAL to other students. It’s good to be a part of a group that helps you set weekly goals, because you have other students to keep you accountable.”
Imani Sumbi, class of 2022

“School was definitely kicking my butt for my first couple of quarters at Northwestern, but UPAL equipped me with the tools to fight back!”
William Dreux, class of 2021

“UPAL gave me the tools and resources that I needed to feel confident about succeeding at Northwestern!”
Klaudia Konieczny, class of 2020

For registration information go to bit.ly/asla-upal.

Fall 2023 registration closes Thursday, September 28.

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