

# 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!

“If it’s in your physical, emotional, and mental capacity, I one-hundred-percent encourage you to join UPAL to learn more about yourself—and essentially, how to college!”

**Angela Zhang,**  
class of 2025



“UPAL is definitely the place to feel a sense of community with others going through similar struggles as you.”

**Monica Young,**  
class of 2027



“Definitely join UPAL! It’s really helpful, all of the people are nice and welcoming, and it feels like a community.”

**Angel Ortiz, class of 2027**

**For registration information go to [bit.ly/asla-upal](https://bit.ly/asla-upal).**

*Fall 2025 registration closes Thursday, September 25th.*