

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.

Winter 2026 registration closes Friday, January 16th.