

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



“UPAL gave me the tools and resources that I needed to feel confident about succeeding at Northwestern!”

**Klaudia Konieczny,
class of 2020**

“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



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

Spring 2023 registration closes April 5th.