Nervous about what's ahead this quarter?

LET UPAL HELP!

Navigate the online learning landscape with a small group of peers and peer mentors in UPAL, the Undergraduate Program for Advancing Learning. Just an hour a week for 7 weeks. Gain study strategies that work and support for learning in a virtual environment. Sessions are relaxed and upbeat!

Join us!

You can register for UPAL on CAESAR, just as you would a traditional course. Search for "GEN_LA 160" and add any section that fits your schedule.

Registration for spring quarter opens April 6 and ends April 17.

Groups start meeting online Monday, April 20.

Read more about UPAL at bit.ly/asla-upal

“UPAL is a place to learn helpful study strategies, and a safe space to share struggles with other students who may be going through similar situations.”

Catherine Bautista Oliva, class of 2022