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." If no time works for you, reach out to us!

Registration for fall quarter opens Sept 14 and ends Sept 25 at 12 pm.

Groups start meeting online Wednesday, Sept 30.

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