

Put your
academic wellness first!

Join the
**UNDERGRADUATE PROGRAM FOR
ADVANCING LEARNING (UPAL)!**

UPAL gives you the inside scoop on academic success strategies. Sessions are led by a peer mentor in a relaxed, upbeat setting. Just an hour a week for 7 weeks!

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 March 30 and ends April 9.

Groups start meeting Sunday, April 11.

Read more about UPAL on our website



"I would 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 for meeting them. It also reminds you that you're not the only one struggling. I enjoyed my time in UPAL so much that I became a mentor!"

Imani Sumbi, class of 2022, Journalism