

# 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](https://bit.ly/asla-upal).**

*Spring 2024 registration closes Thursday, April 4.*