Join us this Fall for a series of programs developed specifically to introduce you to important resources YOU NEED for a successful transition to UAlbany life!

All sessions are held in LC 1 on Fridays from 2:45 pm – 4:00 pm.

At each session, one student will win a $50 gift card. Our thanks to SEFCU for their sponsorship.

September 9th: Sexual Health and Discovering Healthy Relationships
College means more choices about everything. Join us and learn about making good decisions about safe sex and what makes for a healthy relationship.

September 16th: Applied Learning 1: Take what you learn in class and apply via Undergraduate Research and Internship Opportunities
Come find out about applied learning, how to apply for internships and why getting involved in undergraduate research will enhance your education, and your resume!

September 23rd: Applied Learning 2: Take what you learn in classes and apply via Studying or Interning Abroad and Entrepreneurship
Plan ahead and you can travel during your UAlbany career! Or start your own business with the help of the Blackstone LaunchPad entrepreneurs!

October 7th: Feeling Lost In Class: Where to Go For Academic Help
Midterms are almost here, are you in need of a tutor? Want to join a review session for that tough class? Come find out where there is help available around campus and learn some tips that will help make you academically successful.

October 14th: Applied Learning 3: Incorporating Community Service and Peer-to-Peer Education into Classes and Credits
Community service is often expected on your resume. Join us to learn what options are available on and off campus. Did you know you can earn credit by serving the campus through peer education? Learn more about this exciting opportunity and how to get the most from peer educators in your classes.

(see reverse side for more programs!)

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October 21st: So much to do, so little time to do it.
Time is managed differently in college. You have more work to do and more time to control but time isn’t really “free”. Learn the time management tips successful college students use every day to make the most of their experience.

October 28th: What can the libraries do for you? Just about everything!
Whether you need a place to study, somewhere to hold a team meeting, help with a research project, short term use of a laptop or camera, or a place to unwind with therapy dogs, at this session, you will discover that the library is more than just a place to take out a book!

November 4th: Explore all the City of Albany has to offer!
Did you know that Albany is one of the oldest cities in the country? That we have a wonderful arts and theatre scene? That nearby is a park that is nearly 3 times bigger than Yellowstone? That local businesses are always looking to hire UAlbany students and grads? Come learn about all that the city of Albany and the Capital Region have to offer!

November 11th: Help! Finals are coming.
While some stress is good, being “stressed out” doesn’t help you do well on your finals. Come to this session and learn techniques that will leave you refreshed and ready to handle your first set of final exams.

November 18th: Ways to Keep Your Wallet Full
Many students get overwhelmed by debt in college. Make sure you understand your UAlbany tuition bills and how college loans work. Come find out how to avoid common financial mistakes and learn ways you can manage your money.

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