SSS Academic Coaching Module Descriptions

**Time Management I: Intro & Theory**
Managing time is one of the biggest challenges that college students face. In this 4-week module, students will improve their ability to organize and use time effectively by focusing on 5 steps to successful time management. **Please note:** If you have already participated in the module before, you cannot sign up again.

**Time Management II: Application**
Apply your time management skills to new and complex situations. This module will focus on applying strategies that you have already learned in Part I in order to help balance your academic, social and work life.

**Stress Management I: Intro & Theory**
Do you know anyone who isn't at times stressed out these days? The first step in successful stress relief is deciding to make a change in how you manage stress. Don't wait until stress has a negative impact on your health, relationships, academic demands, and your overall quality of life. With practice, you can learn to man-age your stress level and increase your ability to cope with life's challenges.

**Stress Management II: Application**
Apply your knowledge of stress management techniques by actually participating in yoga, breathing and mindfulness stress reduction sessions. Come ready to participate and reduce your stress!

**Effective Reading Strategies**
Are you having trouble focusing on or recalling what you read for class? Reading Strategies will help you meet this challenge and teach you the reading methods and habits of effective readers.

**Write-2-Succeed**
A new academic coaching module for SSS, W2S is for students taking Basic Composition or Expository Writing courses. It is a 3-week structured program that provides students with the inside information and tools needed to succeed in their writing class. This is a **mandatory** sign-up for those interested in writing tutoring this semester.

**Peer Support Group**
For many first generation students, coming to college represents social mobility; it’s fundamentally about improving your lives. At the same time you value where you come from. Although you want to make changes, there are a lot of things you want to hold on to: relationships with friends and family back home, the ways you speak and relate, various things you enjoy doing. The First Generation Peer Support Group provides the space in which students can talk about the challenge of being true to who they are while trying to successfully navigate the system of higher education.