

Freshman Playbook

Start College a Step Ahead

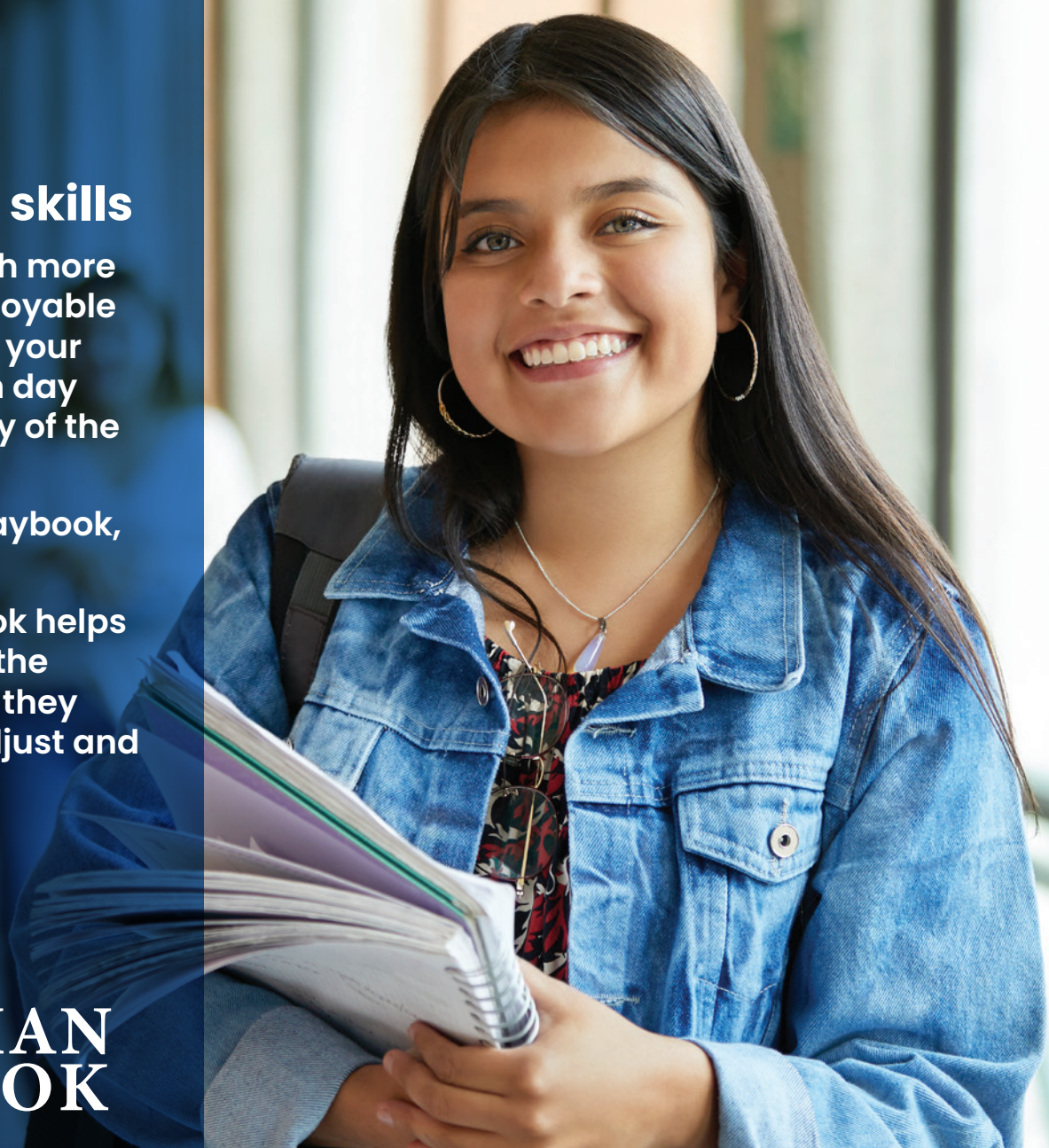
Learn the Playbook for essential life skills

Imagine how much more rewarding and enjoyable college could be if your student started on day one with a mastery of the skills for success.

With Freshman Playbook, they can!

Freshman Playbook helps students develop the essential life skills they need to quickly adjust and excel on campus.

**FRESHMAN
PLAYBOOK**



Visit freshmanplaybook.com/UFL

Skills for college. Skills for life.

In three engaging, entertaining modules, each packed with three lessons, Freshman Playbook teaches your student the keys to productivity, resiliency, and planning. Short videos combine student experiences and expert guidance to introduce the challenges and how to resolve them. Assessments, exercises, and interactive tools help the student understand and progress.

Module One: Productivity

We all want to succeed but sometimes it can feel impossible. In this module students learn why some students can get everything done while others cannot.

Self-Control

Is it a matter of will, habit, or just luck? In Lesson 1, students learn the elements that create positive and productive behaviors for school and life.

Resourcefulness

How do you keep going when you don't have direction? Students find out what it takes to keep moving when the path ahead isn't clear.

Time Management

You can always get to the job tomorrow... or Monday. Students discover the keys to planning and optimizing their efforts.

Module Two: Resiliency

In the classroom, the residence hall, even the dining commons—college life is full of changes and challenges. The skills to adapt and to rebound from setback are a key to academic and personal success.

Overcoming Obstacles

The ability to keep pursuing goals, regardless of what stands in the way, is critical to college and to life. Lesson 1 offers guidance on how to keep moving forward.

Self-compassion

When do you give yourself a break—and how? Here, students find out how to see the signs that they need rest and how to distinguish them from the signs that they're, maybe, procrastinating.

Dealing with Change

Change is inevitable. In this lesson, students learn to function effectively outside their comfort zone, while broadening tolerance for novelty.



Module Three: Planning

This module helps students take full advantage of campus resources and opportunities to devise a strategic view to college and career planning.

Launching your College Life

A successful college career starts with self-knowledge. A lot becomes clear when a student knows—and can express—their own values, strengths, desires, and dreams.

Finding Support

One of the most common failures in college is the failure to ask for help. Students learn to create strong communities and build support networks made up of advocates and champions.

Building your Plan

Every life path has detours, but the ability to envision and act on future goals is rare in college and in life. It's a skill that will pay off over and over.

Personal Coaching

Add a higher level of individual support.

- Reinforcing and supporting the teaching and training
- Creating action plans and working through the Personal Playbooks
- Motivating, listening, and asking questions for greater understanding

Arrive prepared.

**All 3-modules,
starting at only
\$99**

**Visit
freshmanplaybook.com/UFL**



Launch the Freshman Playbook Now

Give your student the gift of a head start in college with the knowledge, understanding, and skills to thrive.

Visit freshmanplaybook.com/UFL

\$99



FRESHMAN PLAYBOOK