



# FRESHMAN PLAYBOOK



**Boost Your Freshman's  
Confidence, Self-Reliance,  
and Success**



**STUDENT PLAYBOOK**



➤ **Your new freshman is about to start one of the most exciting new journeys of their life...one full of both opportunities and challenges.**

As you know, the transition from high school to college is a big adjustment, even for the best students. And that's precisely why we created Freshman Playbook.

Freshman Playbook is an easy way for you to help your student develop the crucial life skills they'll need to succeed in college and beyond, so that they can excel in this new adventure from day one.

Freshman Playbook provides new college students with the tools and guidance to:

- Manage academic, social, and life challenges
- Build a stronger sense of focus, confidence, and resiliency
- Maximize their undergraduate opportunity

Developed by academic experts and behavioral specialists, Freshman Playbook helps boost your freshman's performance and self-reliance.

## The Tools They Need to Succeed In and Out of the Classroom

With Freshman Playbook, you can help your student navigate the exciting challenges that lie ahead by honing the skills that are critical to a successful college experience.

The first few months of college can set the tone for all four years, so it's critical your student gets off to a strong start when they begin classes a few weeks from now.

## What You Get Inside Freshman Playbook

Freshman Playbook consists of three modules, each focused on helping your student develop a different set of critical life skills.

The anchor of each lesson is a short video that combines student experiences and expert guidance to introduce a challenge and how to resolve it. Assessments, exercises, and interactive tools help students understand and progress. Personal Playbooks develop students' skills through exercises, learning tools, and supporting resources.

Plus, Freshman Playbook gives your student unlimited access to the largest database of internships in the country. This invaluable tool will give your student an advantage in the competitive environment for internships. With tens of thousands of internships nationwide, they will find both virtual and in-person opportunities that can help them build their resume and determine their career path.

“ After finishing the Time Management section, I no longer have issues with last minute cramming. I even get to class on time. Professors are happy too. ”

— Robert, University of Pennsylvania





## Give Your Student One-on-One Support with a Personal Coach

Freshman Playbook also offers you the option to enhance your student's learning and development with extra support from one of our coaches.

A personal coach can help your incoming freshman meet their goals, keep them accountable, and provide extra guidance during this big transition.

Our **coaches deliver personalized support** such as:

- Creating a plan
- Reinforcing and supporting lessons
- Assisting with exercises and self-assessments
- Motivating and listening

Our coaches are top Playbook alumni from colleges and universities around the country. These exceptional young men and women provide private 1-on-1 counsel for your freshman, by phone, text and email.

These coaches have completed our extensive training so you can feel secure knowing your son or daughter has someone on their team helping them thrive.

“*What can I say? I'm a believer. The Student Playbook paired me with an awesome skills coach who helped me prepare for my first job interview. And, I got the job!*”

—Julia, Depaul University



### Module One: Productivity

**LESSON 1:** Self Control

**LESSON 2:** Resourcefulness

**LESSON 3:** Time Management

- ✓ Overcome distractions
- ✓ Maximize school resources
- ✓ Manage competing priorities

### Module 2: Resiliency

**LESSON 1:** Overcoming Obstacles

**LESSON 2:** Self-Compassion

**LESSON 3:** Dealing with Change

- ✓ Minimize stress
- ✓ Practice self-acceptance
- ✓ Navigate change and uncertainty

### Module 3: Planning

**LESSON 1:** Launching Your College Life

**LESSON 2:** Finding Support

**LESSON 3:** Building Your Plan

- ✓ Discover core strengths
- ✓ Learn to build networks
- ✓ Find rewarding internships



## Give Your Freshman a Critical Head Start

Research shows that students who integrate quickly into their college life enjoy stronger social support, greater academic success, and

Give them Freshman Playbook today to help develop the life skills they need to succeed in and out of the classroom.

### ➤ GET STARTED NOW!

Visit [FreshmanPlaybook.com](https://www.FreshmanPlaybook.com) to sign up now and get your student immediate access to all the lessons, assessments, and exercises.



The first day of classes will be here before you know it! Visit [FreshmanPlaybook.com](https://www.FreshmanPlaybook.com) today.

**Remember, time is of the essence.** The biggest adventure of your student's life is just around the corner. Order Freshman Playbook today so your college-bound freshman can complete the program before the first day of classes.

“The Student Playbook was so much more than a bunch of modules...it gave me tools to help me with managing stress and the confidence to ask for help when I needed it.”

—Tiffany, University of Texas



**FRESHMAN  
PLAYBOOK**

Only  
**\$99**

**FRESHMAN  
PLAYBOOK**  
+ 2 Hours of  
**Personal Coaching**

Only  
**\$149**  
(Most Popular)

*\*Additional coaching is available*