

BOND

**BUILDING
OPPORTUNITIES FOR
NETWORKING AND
DISCOVERY**

Fall Semester 2023 1-Credit UGS Course Weekly Skill Building Seminar

Tuesdays 3:00 - 4:20pm
UGS 110 - 356 • Sign Up with Your Advisor

MSU UGS 110 courses are focused on developing skills that enable a successful transition to college; identifying/engaging in strategies and resources; and creating plans for academic success, social engagement, and wellness in college. Our section is exclusive to BOND students!

TOPICS INCLUDE:

- Time Management/Organization
- Note Taking
- Study and Test Taking Strategies
- Assistive Technology
- Mental Health
- Self care
- Professional Communication
- Campus and Community Involvement

SPECIAL GUESTS MAY INCLUDE:

- MSU CAPS
- Student Life
- Campus Dietitian
- Fitness Services
- Wellness/Substance Use

REQUIREMENTS INCLUDE:

- Weekly Class (Tuesdays, 3:00 - 4:20pm)
- Coaching/Counseling Session with BOND Staff
- Utilizing Campus Resources
- Social Events

For more information contact:
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