

Semester Success Summer Workshop

Get ready to nail your first year of college

Three half-days online on Thursdays: July 20th, 27th,
and August 3rd, 12pm-3pm Eastern Time

+

two 1-hour individual coaching sessions

Semester Success Summer Workshop prepares rising first-year college students for the transition from high school to college by covering the most important things you need to do to have a successful first year of college.

Thursday, July 20th:

<time management, planning, and organizational skills
<understanding course expectations and syllabi
<study habits; college-success habit formation

**1-Hour Individual
Coaching Session:**

<self-awareness, self-
reflection, and self-
accountability

Thursday, July 27th:

<communications with professors and college staff
<wellness and self care
<breaking down assignments; planning papers &
writing tips

**1-Hour Individual
Coaching Session:**

<interest and purpose-
finding toward a college
major

Thursday, August 3rd:

<striking a balance between school and social life
<seeking available campus support resources



For cost & registration, scan QR code or visit <https://rampcoaching.com/semester-success>