

ADJUSTING TO COLLEGE LIFE

SEPT 12TH 2-3:30 PM/ SEPT 13 9:30-11 AM/ SEPT 14TH 12-1:30 PM

FREE WORKSHOP!
FALL 2023



Learn:

- ✓ *How to adapt to college as an incoming freshman*
- ✓ *Understanding and dealing with the challenges of your first semester*
- ✓ *Information for International Students and 1st generation students*

**Sign Up
Now!!
Students
can attend
for FREE!**



STUDENT HEALTH
& COUNSELING

Email tholland1@unm.edu to register by selecting which workshop you want to attend!