

# COLLEGE 101 - MONDAY, AUGUST 29

Refer to these locations based on your interest.

## 2 - 4:30 P.M.

SESSION TITLE	ROOM
Preparing for Academic Success: Office Hours, Notetaking, and Study Strategies	Maher Hall 224
Navigating USD Resources	Degheri 120
Finding Mentors/Guidance	Learning Commons 107
Identity Exploration	Maher Hall 207
Taking Care of your wellbeing	Maher Hall 205
Undeclared: How to Maximize Exploring the Core Curriculum to Discern a Major/Exploring Majors	Solomon Hall
College Writing Basics	Knauss 326
Changing Majors	Knauss 328
Navigating a PWI	Saints/Serra 209
Getting Involved with Research	Saints/Serra 101B
Finding/Building Community	Saints/Serra 211
Privilege & Allyship	Saints/Serra 212
Self-Care Routines	Saints/Serra 215
Understanding Degreeworks	Saints/Serra 318
I was involved in High School, Now What? Change making exploration	Saints/Serra 102
Understanding the SLP Commons	University Center 128
Living with Roomates/ Navigating Roomate Conflict	University Center 103 AB
Navigating College from a First-Generation Student Perspective	Knauss 202
2 Sessions: Tackling Test Anxiety/Counseling Center Benefits, 2 Sessions: What is CARE/Building Healthy Relationships	Knauss 204
Career Exploration (Available for 2 Sessions Only)	Knauss 208
How to Navigate Scholarships/Understanding Student Loans (Available for 2 Sessions Only)	Knauss 304
Navigating USD as an International Student (Available for 2 Sessions Only)	Knauss 302
Balancing Your Time Efficiently	Warren Auditorium
Navigating/Understanding Food and Housing Insecurity	Shiley 133