

VALPARAISO  UNIVERSITY
CHRIST COLLEGE

CC BRIDGE: THRIVING IN COLLEGE

The transition from high school to college can be both exciting and difficult for first-year students. Here at Christ College we want you not only to survive this transition, but to truly **thrive** as you adjust to your new University community. CC is offering six optional sessions this semester to provide you with the tools to successfully bridge some of the issues that first-year students often face. Each session will be offered twice on selected Fridays through the end of October. They are not mandatory, but if you would like some extra support (because we all could use some extra support), we encourage you to come and let us help you bridge the gaps you may be experiencing in your academic journey. Feel free to attend as many or as few sessions as you would like. Attendance will not be taken! We will meet in room 141, which is just off of the Commons. There will be hot tea and breakfast treats (as part of Fridays by the Fireplace), and we look forward to seeing you at the CC Bridge sessions!

ACADEMIC CULTURE
Friday, September 6th
9:30 -10:00 a.m.
10:30 -11:00 a.m.

TIME MANAGEMENT
Friday, September 13th
9:30 - 10:00 a.m.
10:30 - 11:00 a.m.

STRESS RELIEF
Friday, September 20th
9:30 - 10:00 a.m.
10:30 - 11:00 a.m.

**WRITING AND CLOSE
READING IN CC:
STRATEGIES FOR SUCCESS**
Friday, October 4th
9:30 - 10:00 a.m.
10:30 - 11:00 a.m.

**DEALING WITH
HOMESICKNESS**
Friday, October 18th
9:30 - 10:00 a.m.
10:30 - 11:00 a.m.

MINDFUL CHOICES
Friday, October 25th
9:30 - 10:00 a.m.
10:30 - 11:00 a.m.



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