WEEK 1  Getting Back into the Swing of Things/What did you learn from last semester?

WEEK 2  Resolutions for the new year-setting new goals.  Review last semester's goals.  Dreams

Week 3  Get INVOLVED, get ORGANIZED!  Learn to balance your life.

Week 4-6  Finding ways to finance college.

Week 7  Evaluating your academic progress.  To w/draw or not to w/draw.

Week 8-9  Learning to improve/Study more effectively.

Week 10  Solving Problems/Combating the Mid-Semester Blues

Week 11  Spring Break ENJOY! RELAX! STUDY!

Week 12-13  Academic Planning.  Pre-Registration for Fall semester.

Week 14  Learning About Other Support Programs and Services

Week 15  Coping with Stress.  Preparing for Final Exams.

All Sessions will meet in meeting rooms in the Student Services Center, 2nd floor. Call or email your peer assistant or call 932-7461 (Gayleen) if you can’t make a meeting.

ACTIVITIES/IMPORTANT DATES

January 11  First day of classes
January 23  UH-Hilo Ho`olaule`a
January 18  Martin Luther King Holiday
January 29  Last Day to Exercise Credit/NoCredit
January 28  PALS Community Service Project
February 1  Last Day to withdraw from courses w/no “W”
February 19-20  International Nights
February 15  President’s Day Holiday
March 4  Last Day to Withdraw from classes w/”W”
March 5  Hawaiian Family AfFAIR-PALS fundraiser
March 21-25  Spring Break
March 25  Prince Kuhio Holiday/Good Friday
April 1  Incomplete deadline “I” removal deadline: student to instructor
May 4  Last Day of Instruction
May 9-13  Final Exams
Goal Setting/Plan of Action (Jaymee) dreams
Getting involved (Tiana)
Scholarships (Erik)
How to Deal with Problems (Sheila)
Tutor Training/Study Tips (Joyce)