Join us this Fall for a series of programs developed specifically to introduce first year students to important resources available for a successful transition to university life.

**2014 FALL FRIDAYS SESSIONS**

*Seminars will take place in LC 1 from 2:45–4:00pm.*

**September 5th - Staying Safe:** What will you do if you encounter a difficult situation? What resources are in place to keep you safe? Meet representatives from Conflict Resolution, Five Quad, UPD and APD to answer these questions and more.

**September 12th - Jumpstart Your Resume:** What things can you do NOW that will prepare you for your major, an internship, or a future job? Learn about Career Services and community service opportunities.

**September 19th - Healthy Minds:** Coping with emotional, social and other life issues is tough, but you don’t have to do it alone. Find out about services offered through the University Counseling Center and through the new Advocacy Center for Sexual Violence.

**October 17th - Keys to Academic Success:** Become familiar with academic expectations, resources to support academic success and opportunities available for interaction with faculty outside of the classroom. Learn about Advising Plus and available tutoring options.

**November 7th - Study Abroad:** Plan ahead and you can travel during your UAlbany career. Learn how to use your financial aid and take advantage of short-term and semester long opportunities.

**November 14th - Research 101:** What is research? Why should you get involved with a project? Learn about the opportunities available to you as an undergraduate student.

**December 5th - Finances for Freshmen:** Overwhelmed by student loans? Don’t know the difference between a credit score and a gpa? Get important money management tips from financial advisors and local financial experts.

Questions?: Contact Celine Forsyth at cforsyth@albany.edu

Support and funding from UAS

Drawing for a $50 gift card will be held at each seminar. Our thanks to SEFCU for their support.