

THRIVE

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Grades not
as good as
you expected?

Difficulty
transitioning
to College?

Looking
for a change
this term?



Thrive@NC Spring 2022 is a 5 week program to help students learn how to thrive - academically and personally.

Build your **motivation** and **optimism**, increase self-compassion and **resilience**, while learning effective skills such as time management, studying, and note-taking.

TUESDAYS

W112 (DJP Campus)

12:30pm to 2:30pm

Starting May 24th, 2022



To register online, visit this [link](#).

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Health, Wellness &
Accessibility Services