

HOW CAN WE HELP?

Student Life Advisor Program



Ulliance
Enhancing People. Improving Schools.

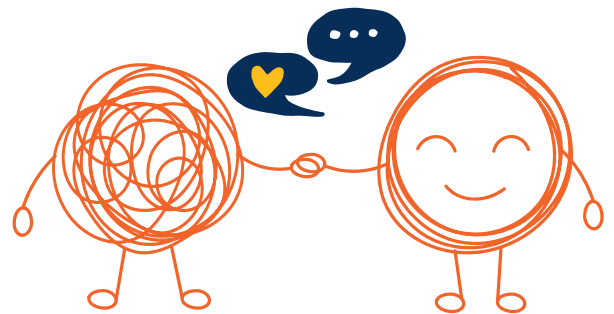
ACADEMIC IMPROVEMENT

Counseling support equips students with tools to address learning barriers like test anxiety and poor time management. Using cognitive-behavioral strategies, counselors help reframe negative thoughts, reduce anxiety, and promote focus and confidence. They also teach practical skills for effective study and time management, fostering both immediate academic improvement and long-term educational success.



THINGS YOU AND YOUR STUDENT MIGHT LEARN:

- Techniques to manage and reduce test anxiety
- Effective time-management strategies
- Organizational skills for keeping track of assignments and materials
- Study strategies to improve focus and retention
- And more!



800.448.8326