



SMART START

Foundation for Success

Program Description

Our program supports students in their transition to college by equipping them with the essential tools for success.

It offers a personalized, holistic, and supportive experience tailored to each student's needs.

Program Components

Workshops (4 Total / 3.5 hours)

- *Changes Are Coming - Adjusting to new feelings in a new environment
Beyond Homesickness - Examining expectations, identifying feelings of uncertainty
- *Freshman Toolbox - Coping and resiliency for success
- *Finding Balance - How to balance social & academic life, time, and money
- *Family Connection - How to be there for one another providing support, love and security

Monthly Group Check-In (4 Total / 2 hours each)

Opportunity to discuss accomplishments, obstacles, and trouble shooting techniques

Individual Life Coaching Sessions (8 Total / 30-45 minutes)

Life coaching offers personalized support to help your child develop confidence, make thoughtful decisions, and build the skills needed to succeed in college and beyond. Our life coaching services are dedicated to helping individuals achieve personal growth and professional goals, discover meaning and purpose in their work or academic life, and create a healthy work-life balance. We are passionate about self-development and empowering others, striving to make a meaningful impact by helping people overcome obstacles and reach their fullest potential.

Semester Group Session (2 hours)

An end-of-semester college support group is a great opportunity to help students reflect, decompress, and finish strong. The most effective sessions balance emotional support, practical tools, and a sense of closure.

*“Every student deserves a welcoming and smooth
start to college life.”*

