

You've Got Challenges...

- What to Expect at the Airport
- How to Get Around Town
- Where to Buy Things for My Dorm
- How to Eat Healthy
- How to Make Friends
- Where to Have Fun
- How to Live independently



Cultural Adjustment

- How to Build Good Relationships with Professors
- How to Manage My Workload
- How to Manage Large Reading Requirements
- How to Write Good Papers
- How to Understand Others
- How to Make Yourself Understood



Academic Performance

- How to Understand What I Want
- How to Identify Key Skills
- Where to Explore Extracurricular Activities
- How to Showcase My Talents
- How to Search for Internships
- How to Build Relationships with Employers



Personal Development

- How to Balance My Life
- How to Have Fun
- Where to Find Help & Support
- Where to Find People who Care
- How to Manage My Stress



Overall Wellbeing

UPP can Help!

- Arriving at the Airport
- Exploring Transportation Options
- Staying Safe on Campus
- Setting Up Your Dormitory
- Shopping for Food & Eating at Restaurants
- Understanding Health Care & Insurance
- Using University Email & Learning Management Systems
- Exploring American Culture, Norms & Customs
- Making American Friends
- Understanding University Party Culture

- Exploring US & China Differences
- Clarifying Roles of Professors & Students
- Communicating with Professors
- Understanding Course & Major Requirements
- Understanding the Syllabus
- Analyzing Academic Requirements
- Developing Study Plans & Time Management Strategies
- Strengthening Academic Writing Skills
- Developing Strong Reading Skills
- Writing Effective Email
- Avoiding Plagiarism
- Studying Effectively
- Using University Resources

- Using Personality Tests to Understand Yourself
- Developing Personal Strengths
- Analyzing Your Learning Profile
- Exploring Majors & Careers
- Writing Effective Resumes
- Communicating Effectively at Interviews
- Writing Personal Statements
- Understanding Leadership Skills in the US & China

- Exploring Fun Things to Do Around Town
- Staying Healthy and Fit
- Learning through Volunteering
- Getting Involved on Campus
- Joining Clubs & Student Organizations

