



# University Performance Program

Go **Beyond** the Basics.



As an **International Student** seeking an **elite education** in America, you could be:

- An **adventurer**
- A **problem solver**
- A **cultural ambassador**
- A **difference maker**

**Maximize** Your Study Abroad **Experience.**



With an **exclusive network** of coaches helping to **curate your campus experience**, **UPP** enables you to:



**Navigate** cultural & language barriers



**Achieve** personal & academic goals



**Gain** confidence & independence



**Experience** overall wellbeing

# WHAT IS UPP?

We challenge, so you can overcome.  
We inspire, so you can succeed.

Individual Coaches. Maximum Success.



## 30+ hours

of **1-on-1 coaching sessions** takes support beyond basic campus services and provides a safe space for inquiry, dialogue and reflection



## 200+ hours

of **high-impact experiences** allow for deeper study and new layers of interaction and communication



## 9 critical skills

**support academic and social integration** and help students achieve more



## UPP Plus +

**offers continued coaching**, graduate application, and career support

Turn your **study abroad journey** into a **transformative experience**.

**UPP is for Students who:**

- ✓ Want a **high GPA**
- ✓ Seek an **easy transition**
- ✓ Want the **most** from their **US experience**
- ✓ Seek **new adventures**
- ✓ Want **valuable internships**
- ✓ Want a variety of **friends**
- ✓ Want **maximum success**

*"With UPP's help, I don't feel like anything can stop me from moving forward. I am really thankful to all the teachers at UPP for making my transition to the United States safe and comfortable."  
-Xuyang He (Eric)*



# HOW WE HELP

We go beyond, so you can discover.  
We introduce, so you can connect.

From **pre-arrival to first year and beyond**, UPP creates multiple dimensions of personal learning to **reach your full potential**.



Pre-Arrival Sessions



Arrive to Campus



Set up Housing



Explore Transportation



Campus & Dorm Living



Explore American Culture



Discover Student Groups



Explore Student Life



Make American Friends



Educational Field Trips



Develop Personal Strengths



Strengthen Academic Skills



Communicate with Professors



Major & Career Advisement



Fitness & wellbeing

**Rewarding**  
College Experience

**Impactful**  
Global Leadership

**Outstanding**  
Academic Achievement

# OUR APPROACH

We orient, so you can explore.  
We encourage, so you can thrive.

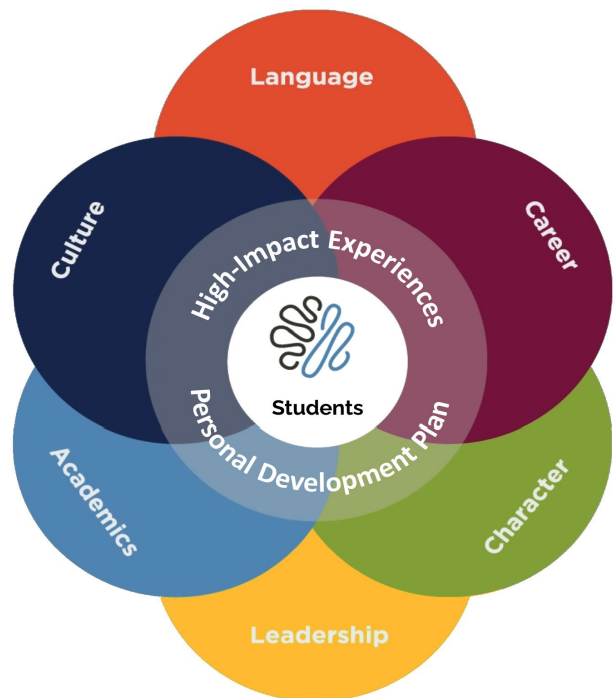
## Dedicated coaches centered around student success.

Our approach places coaches at the intersection of high-impact experiences and personal student development allowing students to create meaning from their college experiences and reflections.

### A UPP coach is:

- An **Academic Coach**
- A **Trusted Friend**
- A **Trouble Shooter**
- A **University Navigator**
- A **Language Resource**
- A **Cultural Mediator**
- Your **Guide to the US**

## Holistic Personal Development Plans



*The advising part is the most fantastic and helpful part of the UPP program which helped me survive and gradually get used to my new life. Mina [my UPP Coach] helped me become a more confident person.*  
- Mozhi Shen (Will)

# ABOUT OUR COACHES

We are **advisers**.  
We are **teachers**,  
expanding the classroom,  
cultivating global talent.



Our **multicultural coaches blend global perspectives** to develop experiences and content that meet international student needs while pushing them to reach their full potential.

Like our students, **each of our coaches has a unique story and skill-set** that has helped forge their paths.

**Our coaches are experienced professionals** that embody the mission of inspiring and cultivating talent. Their **broad international experience** and **expertise in top-tier higher education**, empower impactful programs designed **for student success**.



# ABOUT



## Together, let's reimagine the International Student Experience.

8 east coast University partnerships  
Recruitment network of **2000+** counselors  
**120+** experiential learning modules  
**1000+** program graduates  
Fully **Accredited**



*Overall, the experience of coming to the United States from China has been transformative for me. It has challenged me in many ways, but has also given me opportunities to advance and improve myself.*  
- Ruhua Li (Frida)

At **New Mind**, we turn the **study abroad journey** into a **transformative experience** for both the **students** and their **host university**.



**Our high-impact, holistic programs** bolster authentic engagement and foster intercultural connections among the international student population



**Our programs are custom fit** for the university, student cohort, age group, and student needs



**We empower students** to successfully navigate the cultural and academic transition to the American higher education system

97%

Agree our program helped them achieve academically.

97%

Agree our coaches taught them the value of trying new, challenging things.

94%

Agree our coaches increased their confidence to communicate with Americans.

91%

Agree our programs better integrated them into the campus and community

# GO BEYOND THE BASICS

## 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

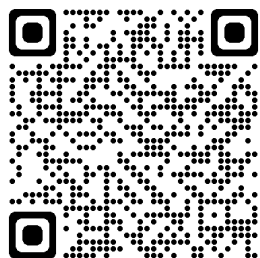


# University Performance Program

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Ready  
to get started?



Receive more  
information on  
tuition and the  
UPP program.

**Have questions? Contact us!**

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