



SUNY ORANGE PROSPERAR

Moving Students from Surviving to Thriving

MAKE THE MOST OF YOUR SESSIONS!



Come Prepared! Make sure you bring your syllabus, books, notes, and other materials to your session.



Ask Questions! Write out specific questions for your Coach before your session about what you are struggling with to get the most out of your session. Be sure to ask questions throughout the session if you are ever confused.



Reduce Distractions! Sit in a quiet area without distractions, put away your cell phone, and anything else you might be distracted by.



Practice Growth Mindset! Believing you are capable of learning and understanding the material goes a long way in success.



Start Early! The best way to succeed in your class is to stay on top of it from the beginning. Know your resources from the start!



Be Patient! Have patience with yourself and your Coach. Learning is a process and takes time, so do not be upset if you do not understand right away.



Be Resourceful! Know what other academic resources are available to you as a SUNY Orange student such as the Reading/Writing Center, MathLab, BATCAVERN, & NetTutor

Interested in booking a session with a Pathway Coach? Want to know about PROSPERAR? Scan the QR codes to learn more!



Book a Session with a
Pathway Coach



PROSPERAR
Website