

# JANUARY JUMPSTART PARTICIPATION



**56% OF THE UNDERGRADUATE POPULATION**

attended the workshops



**\$1.08 MILLION**  
in tuition relief

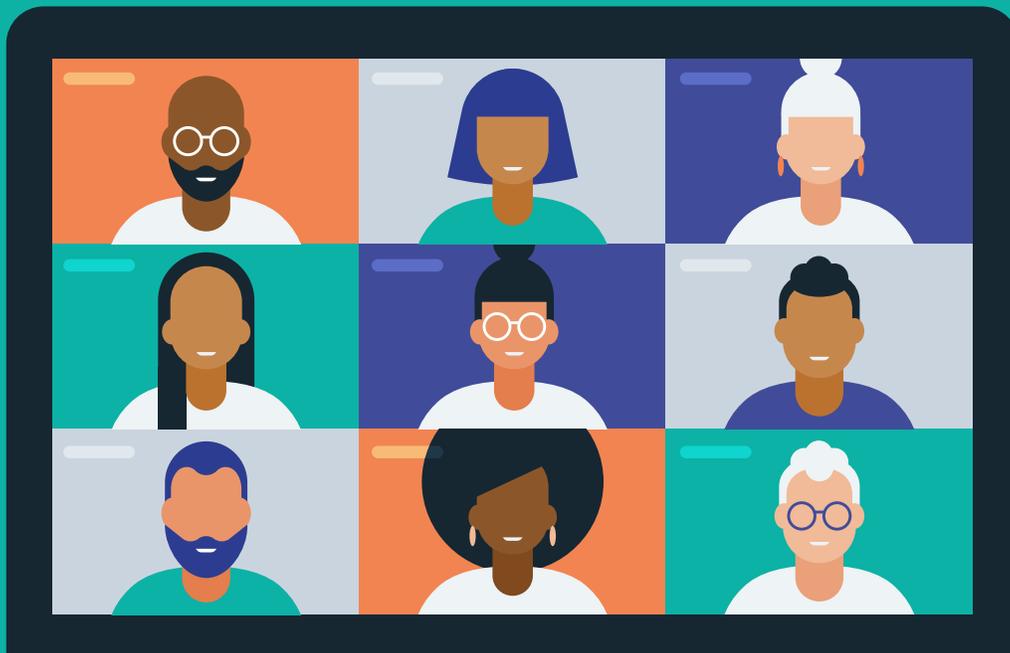


**24%** Freshmen

**30%** Sophomores

**23%** Juniors

**23%** Seniors



## TOP 5 MOST POPULAR WORKSHOPS

1. Healthy Lifestyle Choices and Managing Stress and Anxiety
2. Time Management Tips
3. Improving Your Study Skills
4. Test Skills and Tips
5. Internships: What, Why, and How to Land One



**98%** of students said the sessions helped them prepare for the spring semester



**94%** expressed improved confidence in prioritizing tasks and developing strategies to avoid procrastination



**88%** expressed more confidence in achieving the identified workshop goal



**87%** were likely to recommend the workshops