

STUDENT ASSISTANCE PROGRAM

setting GOALS

Increase your GPA. Run a marathon. Find an internship. Creating a set of specific short and long-term goals is the best way to turn dreams into reality. Now is the perfect time to take stock of where you are personally and professionally. We have the tools you need to create a plan for your future. With a library of articles, audio tips, referrals, and more, you can take the next step toward achieving your goals.

Your Student Assist Program can provide:

- Free confidential counseling services available virtually, in person or over the telephone, including in the moment support
- A full library of articles and tip sheets on achieving personal goals

Your Student Assistance Program provides students free, confidential access to a professional counselor anytime, any day, anywhere via phone or internet.

CALL: **800-633-3353**

LOG ON TO: www.mygroup.com > **My Portal Login > Work-Life**

USERNAME: **knightscare**

PASSWORD: **guest**

