UCS 160 is open for Fall 2021! In-person and online sections both available!

**UCS 160: Success in Higher Education** is a course that helps students develop the knowledge and skill needed to strengthen their academic performance in college.

UCS 160 helps students to better understand how they learn, and how to develop skills at planning and managing work and time, studying effectively, and dealing with issues that impact academic success, like motivation, procrastination, focus & distraction, and academic anxiety.

Both the In-person and online section features weekly meetings (in person, or online via Zoom), asynchronous lesson modules, individualized support from course TAs, and weekly opportunities to apply strategies to your work in your other courses.

Want to learn more? Contact David Hayes, AEC Director of Academic Skills Development Programs, at davidhayes@uri.edu