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**E.F.U.**

EXECUTIVE FUNCTIONING UNIVERSITY  
COLLEGE READINESS PROGRAM  
[LIFESKILLSADVOCATE.COM/EFU](http://LIFESKILLSADVOCATE.COM/EFU)



E.F.U. is a 6 week group coaching program where college students will develop life skills that benefit them academically, socially, and personally. Students will work collaboratively with peers & with Executive Function Coaches over the course of 6 sessions! Students will be given tools & resources to use in & out of sessions as they work on individualized and collective goals.

## Dates:

- July 11-15: I:I intake/individual sessions between coach & client (goal setting, identifying problem areas, strategizing). Use this link to schedule the first session:
- Weeks of July 18, 25; Aug 1, 8: Group Sessions\* (1 hr/week); group discussions & collaboration on collective experiences, strategies, & exercises
  - Groups will be Tuesdays OR Wednesdays @ 4p PST
- The 6th session will be a I:I individual follow-up between the coach & client that needs to be scheduled at any point before 12/10/2022 ; schedule by emailing the coach!



\*Group Sessions will be conducted over Zoom; links will be sent to the clients.