Session Description

**Name:** Dr. Clewi Challenger, PhD  
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**Title:** “Will I fit in?”: Understanding the importance of academic resilience, motivation, and self-efficacy impacts on your sense of belonging, academic engagement, and campus involvement.

**Description:** How to you respond when you get a bad grade on a paper or exam? How driven are you to do academically well? Are you confident in your ability to effectively get tasks done? Make friends? Or, feel part of the campus? These are all great questions. The same questions many students ask themselves each day, each semester, and each year. Most students want to know how to be academically resilient and successful and how to build their social network on campus while actively taking part in campus activities. Well, this session will help attendees learn skills to be more academically resilient and motivated in their coursework. In addition, this session will discuss the benefits of getting involved with campus activities through clubs, organizations, and events which may help increase your sense of belonging and inclusion on campus. The objective of this session is to have a conversation that leads you to greater awareness on ways to feel more self-efficacies as a student, friend, and member of the campus. Building these skills can lead to better academic performance and UConn feeling more like the right “fit!” Know that, the better adjusted you are to college, the more positive and memorable college experience will have. Join us!