



# U Chic's Getting a Grip on Your Freshman Year: The College Girl's First Year Action Plan

*Christie Garton*

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1 in 4 freshmen do not return for their sophomore year, and *U Chic Getting a Grip on Your Freshman Year* tackles that problem head-on by focusing on how to help women take action during their freshman year to have a successful college transition. In signature *U Chic* style, the book will include contributions from current college women to give freshmen real-life perspective. Includes action plans for topics such as:

- Defining Who You Are
- Health and Wellness
- Internship and Career
- Building Your Network
- Working Social Skills and Study Skills

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