

**POWER
THROUGH!**

**LET'S
Go!**

Stand STRONG

Part One: Coleman Learns to CENTER



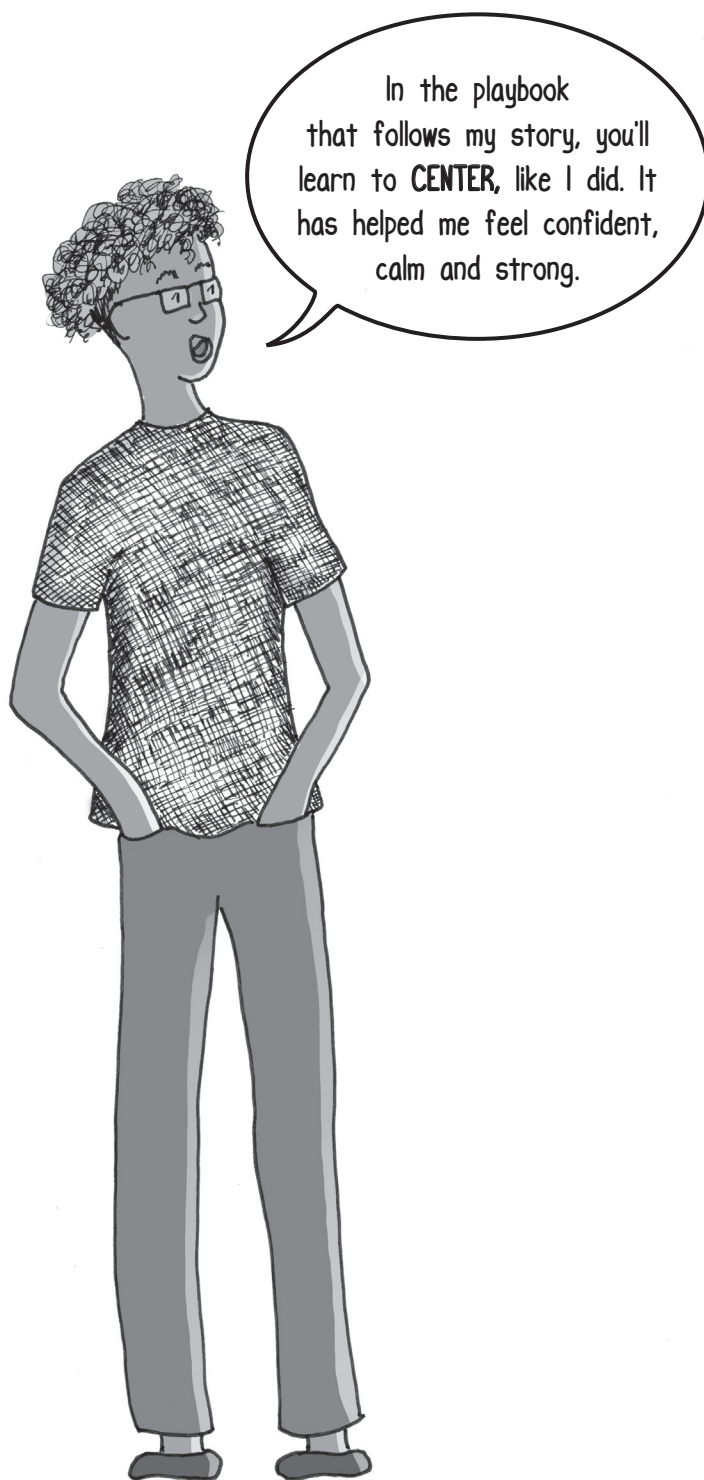
**Cool stuff
for college
(and life)!**

***A College Survival Guidebook
With Practices for Your Success***

Luckett Davidson

**STAND UP FOR
YOURSELF!**

**YOU GOT
THIS!**



In the playbook
that follows my story, you'll
learn to **CENTER**, like I did. It
has helped me feel confident,
calm and strong.

Coleman



NOVEMBER

Mr. Butler.
Come to my
office!



No, sir.
You're a smart
kid. You can do
the work.

I need to
drop out and go
back home.



This is just
a temporary
setback.

Here are
some things that
will help.



It's hard to
admit that I need
help, but what I was
doing wasn't
working.

My professor
showed me help is
available and it's OK
to ask for it.

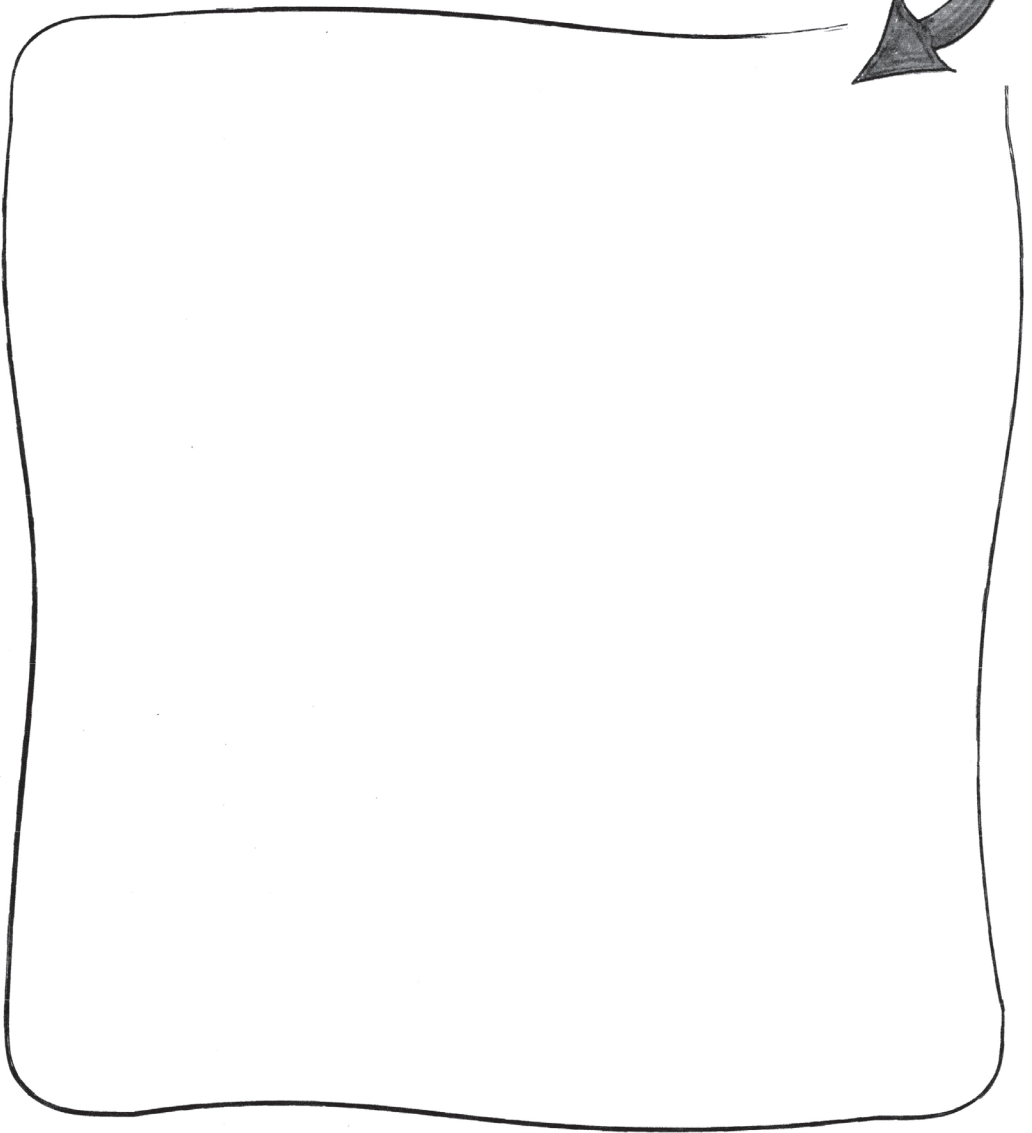
I decided to
take his advice. I
started with
a tutor.

Free Tutoring
Tuesdays 7 p.m.
Science Building
Room 455

Leadership
Study Group
Section 101-A
5 p.m. M,W,F



Name and draw one thing that DIDN'T go well recently.

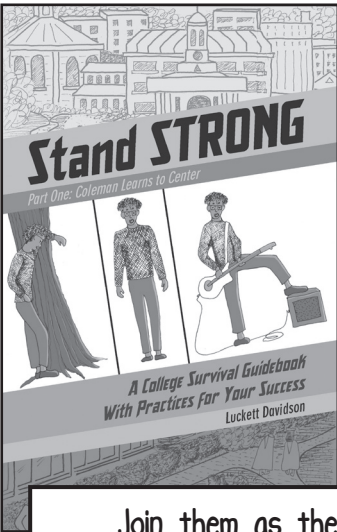


Some tough stuff I've experienced myself:

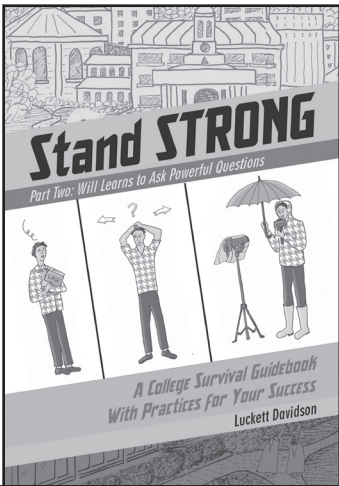
- * I got a bad grade in a class
- * I missed a major deadline
- * I had a fight with my mom
- * I messed up bad in a concert
- * I lost a bunch of band music

Touchstone Guides presents **Stand STRONG**, a series that supports students through the transition from high school to college. This unique, interactive series allows students to personalize their growth by reflecting and practicing new skills and habits of self-awareness and leadership presence.

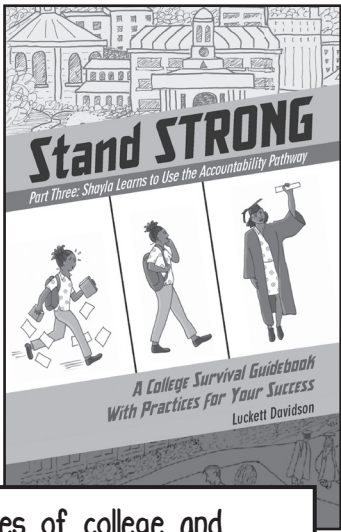
In **Part One**, Coleman learns to Center and watches his confidence soar.



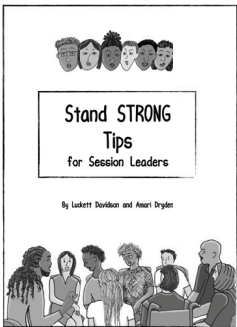
In **Part Two**, Will learns to ask Powerful Questions as he considers big and small decisions.



In **Part Three**, Shayla learns how the Accountability Pathway can help her make progress toward major goals.



Join them as they journey through the challenges of college and learn to build inner strength, seek support and stand strong!



Visit our website www.touchstoneguides.com to download the Stand Strong Tips for Session Leaders. These handy tips support those wishing to lead a small group! Posters are also available on the website for purchase.

Bulk and nonprofit rates are available. Contact us for more information at luckett@touchstoneguides.com.



Touchstone Guides explore the intersection of coaching skills, practices and accessible and memorable images. Compassion, resonance, grace and resilience are the touchstones of our work.