Professional staff provides holistic support to help you set goals, develop individualized plan, implement strategies, and connect you to resources that will help promote your success. Students can meet for a specific question, an occasional check-in, or for ongoing support. The CSSAS professional staff are equipped to help you:

- **Set** short- and long-term personal and academic goals
- **Learn** how to enhance relationships and communications with faculty, peers, and mentors
- **Connect** with campus resources tailored to your unique needs and interests
- **Improve** academic skills, including staying motivated, time management, and study strategies
- **Navigate** moments of change, like adjusting to college, taking a leave of absence or medical withdrawal