

Keeping the Promise

INCENTIVE PROGRAM

Did you know that as a Promise Student at Carlow University, you can build valuable personal and academic skills AND get paid?

+ \$100 FOR 4 COACHING SESSIONS!

Complete two 30-minute coaching sessions with your Success Coach each semester (for a total of four sessions per year) to earn a \$100 check stipend!

In these sessions, you'll work 1:1 with your Success Coach on building the skills to reach your personal, academic, and professional goals. While you are able to have more than two sessions per semester, only the first two are needed to fulfill the \$\$\$ incentive!

+ \$100 FOR COMPLETING 10 WORKSHOPS!

Complete 10 Weekly Workshops and their accompanying Discussion Questions on Celtic Online throughout the academic year to earn a \$100 gift card to the bookstore!

To reach this goal, you should complete:

- **1 End of Semester Activity:** A reflection-based activity offered one time each semester
- **9 Weekly Workshops:** A mix synchronous and asynchronous workshops designed to grow your skills academically, personally, professionally, and fiscally throughout each semester

The high quality workshops offered through this program are hosted on a variety of platforms, including Student Lingo, CashCourse, and Celtic Online- designed with you in mind by the Success Coach!

+ COMMON QUESTIONS

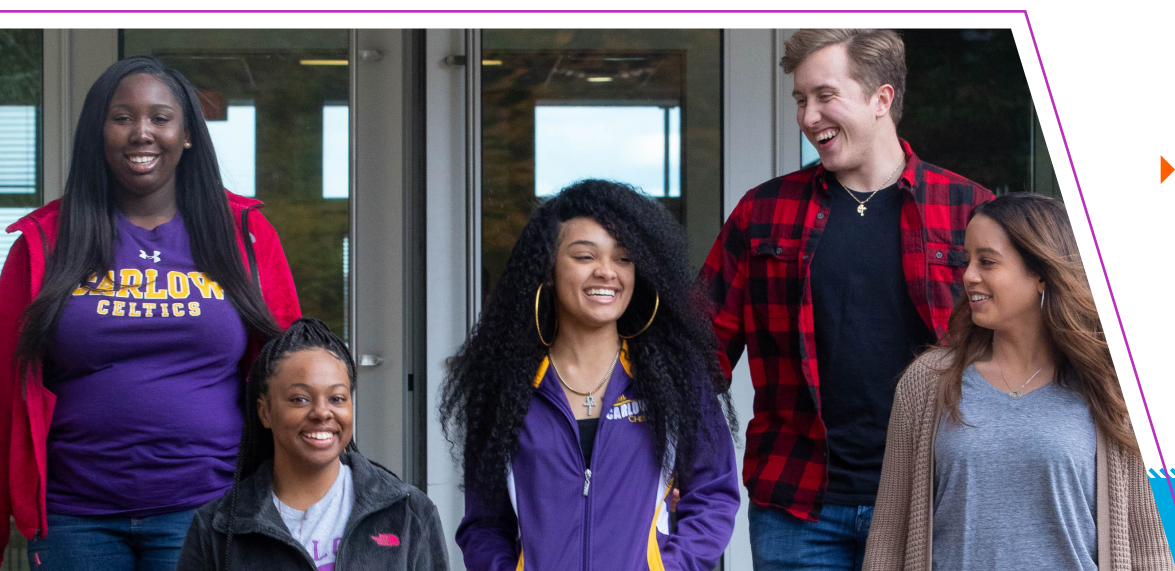
- **Where can I find the workshops?** Each week, the Success Coach will post a new workshop in the Celtic Online Keeping the Promise group. There are A LOT of different workshops available! You can pick and choose the topics that interest YOU while being paid!
- **What are the workshops about?** The workshops cover a range of topics from time management, study skills, and coping with test anxiety to budgeting, paying for college, and deciding between job offers. If there's a topic you'd like to learn more about, let us know and we can create a new workshop!
- **How do I access the workshops?** All workshops will be posted on Celtic Online, you can also view them here:

StudentLingo: www.studentlingo.com/carlow

CashCourse: www.cashcourse.org

Don't forget to use your Carlow email when creating your account!

- **Can I finish a workshop after it has been posted?** Of course! All workshops are saved in the Celtic Online Keeping the Promise Resources Section.



► Questions?

Contact Sarah Avery,
Success Coach at
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