

# Smart MOVES for College



**Build your  
resilience skills**

Everyone will face challenges  
at some point,  
that isn't unusual; that's life!

Developing your resilience  
in college is a Smart Move.

Smart Moves helps you  
learn skills to be more resilient  
to the ups and downs of life

[www.smartmovescollege.com](http://www.smartmovescollege.com)