



THEMBA TUTORS

Adulthood 101:

EXECUTIVE FUNCTIONS FOR COLLEGE LIFE

- ✓ 85% of freshmen feel overwhelmed
- ✓ Strong **self-advocacy** increases help-seeking behavior by **60%**
- ✓ EF coaching boosts **time management** by **40%** in the first semester

- ✓ **Time-blocking strategies** increase productivity by **30%**
- ✓ **Financial planning** skills reduce money-related stress by **45%**
- ✓ **Organizational tools** enhance course performance by **35%**



College = New Responsibilities!
EF coaching turns stress into success!