Learn About Campus Resources
Goal Setting
Academic Coaching
Study Skills

Feeling Overwhelmed? We Offer Support!

Check out our Resources page for worksheets and study skills videos!

MEET OUR CARE STAFF:

INA MILLER-CABASUG
MySuccess Programs: LBRT, ASNSCI, HWST, ECED, CENT, HSER

DONALD FROST
MySuccess Programs: COSME, FT, MELE, ABRP, AMT, DISL, RAC

DERICK PANG
MySuccess Programs: CARP, EIMT, SMP, WELD, AERO, OESM

KRISTI TERUYA
MySuccess Programs: LBRT, ASNSCI, HWST, AJ, AEC, CA, FIRE

CONTACT INFORMATION

LOCATION BLDG 7, RM. 325

15 min Express Zoom Drop In (for students)
M/W 12 - 2 PM, T/R 9-11 AM, F - By appt.
Click here to access

CONTACT (808) 845-9290
honcare@hawaii.edu
honolulu.hawaii.edu/care
IMPORTANT DATES:

**JAN 1:** New Year's Day (Holiday)

**JAN 10:** Last day to register w/out late fee

**JAN 11:** First day of Spring semester

**JAN 18:** Dr. Martin Luther King Jr. Day (Holiday)

**JAN 19:** Last day for late registration

**JAN 19:** Last day for 100% refund

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**TIP 1: KNOW WHERE TO TURN FOR HELP!**

Click the image above to watch a video about some of our campus services!

Or

Chat with a live person at **DIRECT CONNECT**
Monday - Thursday: 9AM-Noon & 1pm-3pm

https://hawaii.zoom.us/j/98970226800

Please note: in-person services may be limited this semester due to the current pandemic, however all services are available virtually.

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**STUDY SKILL OF THE MONTH:**

**Tips for Student Success!**

Click the image above to watch a video about some of our academic support resources.

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**COMMUNITY RESOURCE**

**Aloha United Way 2-1-1**

Looking for help? Contact Aloha United Way's 211 line by calling 2-1-1.

"Hawaii's only comprehensive statewide community information and referral services. Free and confidential."

Services include: child care, parenting support, financial assistance, food and shelter.

**FUTURE CORNER**

Start off the semester by writing a letter to your future self. Send inspiring messages, share your long term goals or something funny to yourself and receive your message in 1, 3 or 5 years from now! Click on the image above to start the conversation!

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**FUN CORNER**

**futureme.org**

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