

Welcome to CollegeConnect

Like most college students, you'll probably spend a lot of your undergraduate time worrying about what lies "beyond"—beyond the school year, beyond graduation, or beyond the familiar structure of academic life. Whether you want land a job in finance, break into Hollywood, work for a non-profit, or continue your education, your personal and professional development will be guided and driven by key relationships.

CollegeConnect is an adventurous experiential learning curriculum that will help you become more mindful about the relationships in your life. The program explores the rich spectrum of relationships that will define your life through college and into the world beyond. CollegeConnect will help you initiate and establish productive and mutually beneficial relationships with professors, alumni, supervisors, mentors, and fellow students.

As a participant in the CollegeConnect program, you will enjoy:

- Short readings and video material geared specifically to life as a college student
- Lessons and missions designed to help you identify and achieve lifetime goals
- Weekly discussion and strategy meetings with a small group of peers and coach
- Exclusive meetings with successful and inspiring speakers

This course won't wear you out, but it will challenge you. You'll be exposed to new ideas about the nature of friendship and intimacy. This program may mark the first time you'll approach a new person with conscious intent to build a certain type of relationship. Be receptive to new ideas and don't mistake mindfulness for heartlessness.

These lessons and missions will help you bring awareness and gratitude to your relationships, giving you insights into how you can connect with others on a meaningful level and contribute positively to their lives. As you optimize and master your social interactions, you'll overcome fear and learn to create a sense of community and belonging anywhere you find yourself. This program can be highly rewarding—if you're fully committed. The curriculum will challenge you to think in new ways, and your workgroup peers will depend on your consistent participation.

CollegeConnect is developed by Keith Ferrazzi and Greenlight Giving Foundation in partnership with Yale University's Timothy Dwight College and TIAA-CREF. Ferrazzi, a Yale University and Harvard Business School alumnus, became the youngest-ever chief marketing executive for a Fortune 500 company before transitioning to a successful career in consulting, speaking, and writing. Author of the New York Times best-selling books, *Never Eat Alone* and *Who's Got Your Back*, Ferrazzi has been named "the most well-connected person in America" by *Forbes Magazine*. The CollegeConnect program, piloted at Yale in 2012, draws from Ferrazzi's books and experiences consulting for leaders in nearly every field, including renowned politicians and top executives at Fortune 500 companies.

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