



# Next Level

- WHEN** Saturdays 8:30 - 10 am, starts the 5th Saturday of August
- WHERE** Lincoln Green Center
- WHAT**
- Increase your efficiency and effectiveness in learning through building good habits
  - Reduce stress and increase free-time by developing the habit of planning ahead
  - Get weekly coaching on how to take your studies to the next level

## How Next Level can empower your studying:

- Grasp the essence of any information, identifying relationships between ideas and improving your notes
- Visualize information & articulate complex ideas
- Go beyond the facts & identify conclusions
- Process/organize lots of information & memorize it more easily
- Determine how much you have retained from your efforts & ask the right questions for deeper learning

# Next Level

## WHY NEXT LEVEL?

Getting into a great university like U. of I. is only the beginning. A motivated student will wonder, "What's next? Where am I headed?" A wise student will begin with a goal in mind.

Your university years are the time to grow in knowledge and to prepare for your future profession. The way you live these years will affect not only your academic and professional success, but also your ability to integrate work and life, to follow the highest ethical standards, and to serve others through your profession while building deep friendships.

Next Level seminars are designed to help college men become dedicated professionals who thrive in life and advance their profession as a service to individuals and society.

## FORMAT

Sessions focus on learning study habits in a seminar format, over a continental breakfast, ending with a 30-minute period of coaching-mentoring to help students develop the ideas covered in the seminar.

**Sign up at [Lincolngreencenter.org](http://Lincolngreencenter.org)**

## LOCATION

### **Lincoln Green Center**

715 W. Michigan Ave., Urbana, IL 61801  
[lincolngreencenter@gmail.com](mailto:lincolngreencenter@gmail.com)  
815.348.7713

## LINCOLN GREEN CENTER CONTACTS

- **Dave Holzweiss**, Program Director
- **Andrew Janiszkeski**,  
Asistant Program Director



## ABOUT LINCOLN GREEN

Lincoln Green is dedicated to the professional and character development of college men. Its activities encourage young men to see their studies, work and social responsibilities from the perspective of growth in virtue and spirit of service. It also serves as a residence for university students in the Champaign-Urbana, IL area. The spiritual dimension of Lincoln Green's activities is entrusted to the Catholic Prelature Opus Dei ([opusdei.org](http://opusdei.org)).

[lincolngreencenter.org](http://lincolngreencenter.org)