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OUR STUDENT LEADER TEAM IS GROWING! TUTORS, SI'S, GA'S, AND NOW **PSG'S!**

### Who are PSG's:

Peer Success Guides (PSG's) are New York Tech students in their sophomore, junior, and senior years. Having walked in the shoes of a first year student, they can relate to the transition and challenges that you may face. They will share valuable insight about the exciting successes they achieved and the tough lessons they learned along the way.

### PSG'S PERSPECTIVE

I want to help give students someone they can go to because I wish I had someone my first year. I want to help them make the most of the year here at NYIT.

*Christie Capro*



To be featured in our next issue, [Click Here!](#)

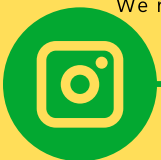
### Quote of the month:



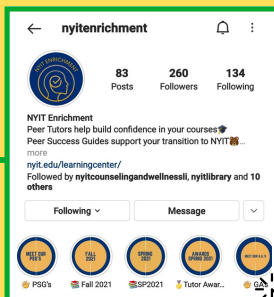
The key to realizing a dream is to focus not on success but on significance and then, even the small steps and little victories along your path will take on greater meaning.

*Oprah Winfrey*

We regularly post about activities and information regarding the Enrichment Center.



*follow us here*



# SEPTEMBER

## What is The First-Year GUIDE Program?

- G**ive you support
- U**nlock your potential
- I**mmerse you in the community
- D**irecting you to resources
- E**nhance your experience



## DID YOU KNOW?

Most of the difficulty experienced by exercising with a mask is **perceived**, not physiological. A mask will not prevent your body from getting enough oxygen.



Masked exercise can actually help you **get in shape**, forcing your respiratory and cardiovascular systems to **work harder**.



THE NEW YORK TIMES