



Phenomenally U: A Young Woman's Guide to being Smart, Safe, and Successful in College

Lacey C. Clark!

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Phenomenally U: A Young Woman's Guide to Being Safe, Smart, and Successful in College. Many young women go to college to find themselves and often end up losing themselves. Award-winning speaker, author, and life coach, Lacey C. Clark! of Sisters' Sanctuary presents Phenomenally U: A Young Woman's Guide to Being Safe, Smart, and Successful in College. Written for the quick minds of the Twitter generation, this powerful guide offers no-nonsense lessons on how to survive and thrive in your early years. This motivational blueprint will empower you to create a phenomenal college experience by coaching you to wisely navigate the seven S's of Phenomenally U. The 7 S's of Phenomenally U: Smarts - Discover proven study habits and time management skills that promote success. Safety - Attain life saving techniques to handle the common dangers of campus life. Self-respect - Prepare to take care of your body, mind, and spirit. Sisterhood - Understand why it is important to make healthy connections with other women for mental, spiritual, and physical support. Sex - Practice healthy and safe sexuality as a developing young woman. Success - Learn how to walk in integrity and focus on what is important to you. Social Media - Master how to use social media and mobile apps to make college life easy and fun. Discover what it means to be #PhenomenallyU!

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