



GPA+Life College Success Program

College is not School

Students can look ready for admission and still need support building the habits college requires.

The GPA+Life Method helps students build four college-success skills: GPA protection, time mastery, self-advocacy, and life readiness.

Parent Worries

Your student may be capable, motivated, and accepted, but can they manage what you cannot monitor every day?

- Deadlines without reminders?
- Help before the GPA suffers?
- Support before small problems become big ones?
- A plan before GPA, confidence, and tuition are at risk?

Student Worries

Behind the excitement, students may be asking questions they do not always say out loud:

- Do I belong here, and will I find my people?
- What if I was "good at school" but college feels different?
- What if I fall behind before I know how to ask for help?
- Can I handle freedom, friends, sleep, stress, and grades at the same time?

For rising seniors, incoming first-year students, current first-year students, and families who want peace of mind before college pressure hits.

How I Help

GPA Protection

Understand grades and academic risk.

Time Mastery

Plan the week and track deadlines.

Self-Advocacy

Ask for help before problems grow.

Life Readiness

Build judgment around stress, money, boundaries, and independence.

Why It Matters

In 25+ years in higher education, I have seen capable students struggle not because they lacked intelligence, but because college demanded planning, self-advocacy, and follow-through they had never been taught.

GPA+Life helps close that gap before GPA, confidence, and tuition are at risk.

The shift:
overwhelmed to organized | dependent to self-directed | reactive to strategic



Meet Dr. Kathryn R. Dungy
College Success Strategist |
Academic Leader | Founder

Dr. Dungy brings 25+ years of higher education experience as a professor, academic leader, curriculum builder, global scholar, and student mentor. She holds a Ph.D. from Duke University and graduated magna cum laude from Spelman College.

A bird is safe in its nest - but that is not what its wings are made for.

Amit Ray

Start with a Student Success Call

Find out what your student needs
before college pressure hits.

www.gpacollegesuccess.com

Email: krdlegacylearning@gmail.com

Call/Text: 802.771.2323

Scan the QR code to book

