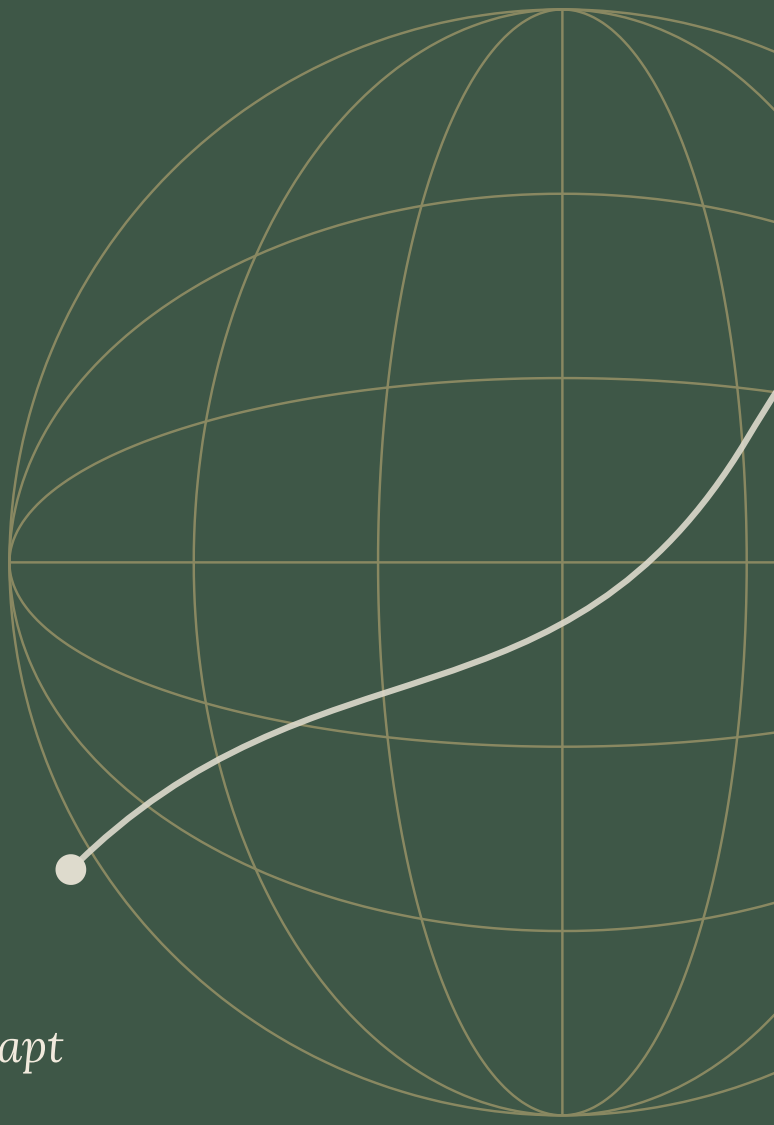
GLOBAL ADAPT METHOD



Global Adapt Students

INTERNATIONAL STUDENT TRANSITION SUPPORT

Helping international students adapt and succeed.

> Studying abroad takes more than good grades. Students are also adjusting to a new culture, new expectations, more independence, busy schedules, new friendships, and academic pressure, usually all at once.

FOUNDED BY LILIANA SÁEZ, MBA

THE PROGRAM

Personalized support for the real experience of studying abroad

Global Adapt Students gives international students personalized support to build the skills, routines, and confidence they need to succeed in their new environment.

Who helps the student with the actual experience of adapting?

Schools, advisors, tutors, counselors, and coaches all play important roles. But someone also needs to help with the day-to-day reality of adjusting. That is what we do.

AREAS OF SUPPORT

Every student is different, so support is shaped around each student's age, school, background, personality, and needs.

01 **Cultural Adaptation**
Understanding new expectations, communication styles, and cultural norms.

02 **Organization & Time Management**
Simple, workable systems for schedules, deadlines, and competing priorities.

03 **Study Habits & Routines**
More consistency, better preparation, and more independent learning.

04 **Focus**
Spotting what gets in the way of concentration and learning how to manage it.

05 **Test Anxiety & Performance Pressure**
Tools for handling exams, deadlines, and high-stakes moments.

06 **Stress Management**
Recognizing stress early and learning healthy ways to manage it.

07 **Communication**
Speaking clearly and confidently with parents, teachers, coaches, and peers.

08 **Independence & Responsibility**
Taking ownership of schedules, decisions, and daily life.

09 **Social Integration**
Making friends, setting boundaries, and becoming part of a new community.

10 **Healthy Habits**
Good routines around sleep, nutrition, exercise, and overall well-being.

HOW IT WORKS

Built around each student

There is no standard curriculum. We start by identifying where the student is struggling most and what needs attention first. From there, strategies are built around the student's real schedule and real life.

- **12-week program**
- **Weekly 45-minute sessions**
- **WhatsApp support** for the student during business hours

FOR PARENTS

Informed, not overloaded

Parents play an important role. At the end of each month, they receive a short progress report by email, followed by a final report when the program ends. Each report explains what we're working on, the progress so far, and how parents can support their child's growing independence at home.

Student trust and privacy are respected throughout.

WHO IT'S FOR

International students who are:

- Preparing to study abroad
- Settling in after an international move
- Starting boarding school, university, or a new academic program
- Struggling with organization, routines, focus, or time management
- Taking on more independence than they're used to
- Balancing demanding academics with competitive sports or other major commitments
- Dealing with academic pressure or test anxiety
- Adjusting culturally and socially

It is also a good fit for families who want support in place before small problems become bigger ones.

WHY IT'S DIFFERENT

Academic success matters. But students abroad also need to learn how to organize themselves, manage pressure, make good decisions, build relationships, and take charge of their own lives. Global Adapt Students connects academic support with real life.

We don't just help students get through the transition.
We teach them how to adapt.

ABOUT THE FOUNDER



Liliana Sáez, MBA

FOUNDER, GLOBAL ADAPT METHOD

EXPERIENCE
About nine years with University Success

EDUCATION
MBA, U.S. institution · Sociology, Venezuela

LANGUAGES
English · Spanish · Italian

Liliana Sáez has spent her career at the intersection of international education, student wellness, and performance.

For about nine years, she has worked with University Success as Director of Operations and Director of Wellness, guiding international students and their families through competitive academic environments and the move to U.S. education.

Her work in the United States and Italy spans wellness, performance support, personal training, nutrition, crisis counseling, fashion, and aviation. She is also a Certified Ayurvedic Practitioner, trained in related mind-body practices, and has worked with high-performance athletes and students balancing demanding academic and athletic schedules.

Liliana relocated internationally herself and has lived in the United States for more than 26 years, so she understands the transition from both a professional and a personal perspective.

PROFESSIONAL SCOPE

Global Adapt Students is an educational and wellness-support program. It is not therapy, psychiatric or medical treatment, or crisis intervention, and it does not diagnose or treat mental-health conditions. If a student's needs fall outside this scope, we will recommend the family see an appropriate licensed professional.

We do not provide legal, immigration, visa, emergency, or housing services.

Let's talk.

Every transition is different. A short conversation is the best way to see whether Global Adapt Students is the right fit for your student.

WEBSITE
globaladaptstudents.com

EMAIL
lsaez@globaladaptmethod.com