

Reps. Adams, Foushee Introduce the College Thriving Act to Promote Skills-For-Success College Courses



From Rep. Adams Press <adams.press@mail2.housecommunications.gov>
To <sjohnston@tuesdayforumcharlotte.org>
Reply-To <adams.press@mail.house.gov>
Date 2025-02-21 14:55

FOR IMMEDIATE RELEASE

February 21, 2025

Media Contact & Spokesperson: [Turner Jones](#)



Reps. Adams, Foushee Introduce the College Thriving Act to Promote Skills-For-Success College Courses

WASHINGTON, DC— This week, Congresswoman Alma Adams (NC-12) and Congresswoman Valerie Foushee (NC-04), introduced H.R. 1409, the *College Thriving Act of 2025*, legislation to create a Department of Education grant for colleges and universities to design and implement a skills-for-success course for first year college students.

“For too long, students—especially those from low-income backgrounds—have been left to navigate the challenges of college on their own, without the tools they need to succeed. The College Thriving Act ensures that schools take responsibility for supporting first-year students. This bill is about real accountability, real investment, and making sure every student—no matter their background—has the foundation to thrive,” **said Congresswoman Adams.**

“Practical and emotional skill-building for first-year college students has been proven to lead to more positive transitions to college life, and helps foster academic success in students’ later years,” **said Congresswoman Valerie Foushee (NC-04).** “The College Thriving Act will provide colleges and universities with the funding needed to establish skills-for-success courses, while directing the Department of Education to prioritize institutions where at least 50% of the students are Pell Grant recipients. I am proud to introduce this bill alongside Congresswoman Alma Adams, and I look forward to moving it through the house and onward.”

Specifically, the *College Thriving Act of 2025* will:

- Create a \$1 million three-phase, five-year grant program through the Department of Education for accredited four-year public institutions of higher education to design, pilot, and fully implement a skills-for-success course for incoming first year students.
- The skills-for-success course topics would include time management, mental wellbeing, engaging with campus partners and resources, goal setting, coping with stress, organizational skills, and navigating interpersonal relationships and conflict.
- Require schools to submit a report at the completion of the five years on the success and other findings of the pilot and implemented course.
- Prioritize grant applications from eligible institutions where least 50% of all students enrolled in the most recent academic year were eligible to receive a Federal Pell Grant.

The College Thriving Act is endorsed by: American Psychological Association and North Carolina Psychological Association.

The full bill text of the *College Thriving Act* is available [here](#).

###

Congresswoman Alma S. Adams, Ph.D. represents North Carolina's 12th Congressional District (Charlotte, Mecklenburg County) and serves on the House Committee on Agriculture and the House Committee on Education & Workforce, where she serves as ranking member of the Higher Education and Workforce Development (HEWD) Subcommittee.

Congresswoman Alma S. Adams, NC-12
2436 Rayburn House Office Building Washington, DC 20515
Phone: 202-225-1510 Fax: 202-225-1512

Office of Congresswoman Alma Adams | 10815 David Taylor Dr., Suite 100 | Charlotte, NC 28262 US

[Unsubscribe](#) | [Constant Contact Data Notice](#)