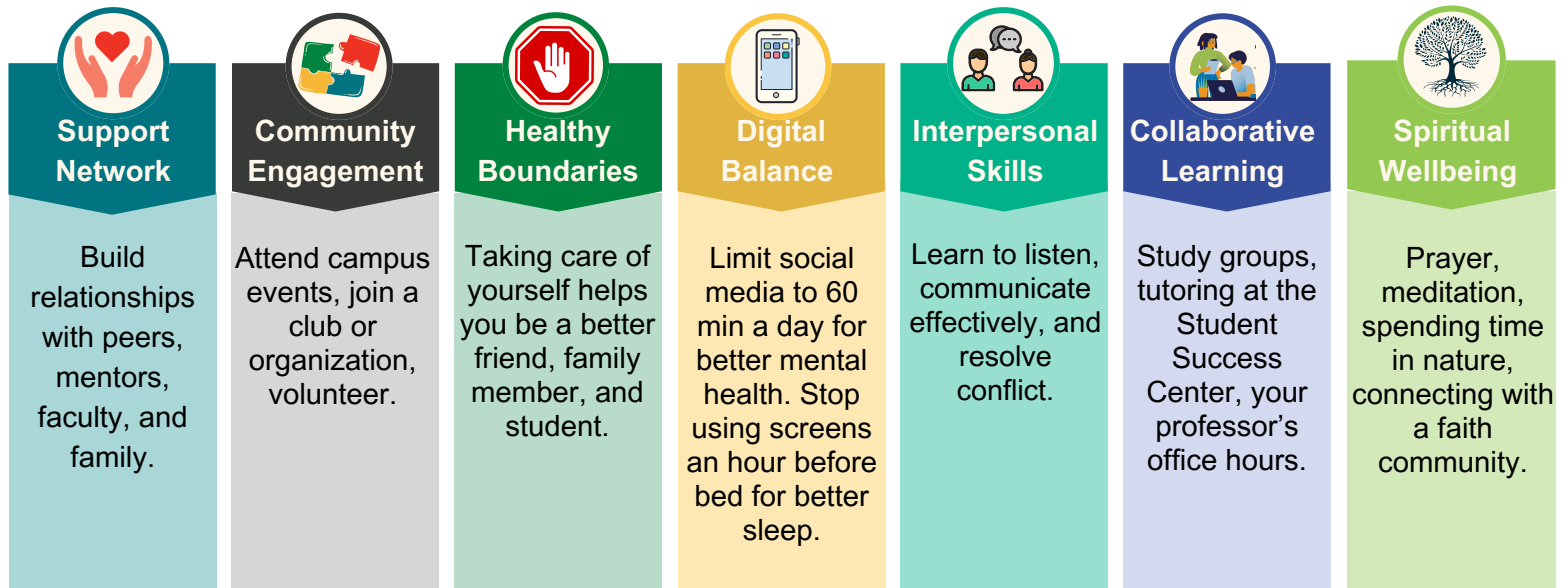


Spartan Wellness Journey

Healthy Connectedness



Ways to Connect



Check The AGORA for upcoming campus events and a list of all clubs/organizations.
[@uscupstateosi](#)



Visit the Student Success Center for tutoring, mentoring, and career planning.



Join a Spartan Rec sports club or a group fitness class.
[@spartan_rec](#)



Find opportunities to volunteer or grow as a leader.



Participate in a therapy group or the TogetherAll app through Counseling Services.



Find on campus jobs and work-study opportunities.

How do I connect?

**Groups/Organizations
I'm a part of:**

**How I practice
spiritual well-being:**

**Who I go to when I
need help with
school:**

**What are my goals for college?
Who can help me achieve my goals?
Who or what might be holding me back?**

My next steps:

I spend _____ hrs. a day on my phone.
(hint: you can find this info in your phone settings)

I think this amount of time is:

1



Unhealthy

2



3



4



5



Super
Healthy!