Spartan Wellness Journey

Healthy Connectedness



Build relationships with peers, mentors, faculty, and family.



Attend campus events, join a club or organization, volunteer.



Healthy **Boundaries**

Taking care of yourself helps you be a better friend, family member, and student.



Balance

Limit social media to 60 min a day for better mental health. Stop using screens an hour before bed for better sleep.



Interpersonal **Skills**

Learn to listen. communicate effectively, and resolve conflict.



Collaborative Learning

Study groups, tutoring at the Student Success Center, your professor's office hours.



Prayer, meditation, spending time in nature. connecting with a faith community.

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 iobs and workstudy opportunities.

To How do I connect?

Groups/Organizations I'm a part of:

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

How I practice spiritual well-being:

Who I go to when I need help with school:

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

2

3

5



•••







Unhealthy

Super Healthy!