



# **EVEN THOUGH YOU ATTEND COLLEGE, YOU ARE MORE THAN A STUDENT!**

***Recognize you are a  
multifaceted person with  
strengths, values, and  
aspirations***

***Sometimes it's easier to  
evaluate yourself on your  
transcript than taking the time  
to look a little deeper***

***You are worth the time!***



# **RECOGNIZE YOUR WELLBEING IS MORE IMPORTANT THAN A GRADE**

***Your worth as a human being is  
not solely dependent on an exam  
score. It never will be!***

***Sometimes you need to  
consciously remind yourself  
this throughout the quarter***



# **DON'T BE AFRAID TO REACH OUT TO RESOURCES**

***It is okay to reach out for the  
help you deserve!***

***NewSchool students have free  
access to CommPsych  
confidential services and  
resources at any time***

**CONTACT INFORMATION  
WWW.GUIDANCERESOURCES.COM  
(866) 645-1762 | (800) 697-0353  
STUDENT WEB ID: NEWSCHOOL**



# **TAKE A STEP BACK WHEN THINGS GETS TOO OVERWHELMING**

*It is okay to recognize that  
during college there are times  
when everything seems too  
overwhelming*

*Don't be afraid to talk to  
professors about assignment  
extensions or extra help*

# **SCHEDULE TIME FOR SELF-CARE**

***Develop a self-care routine during the school week - even 5 minutes a day can be beneficial!***

**GET OUTSIDE**

**LISTEN TO MUSIC**

**WRITE IN A JOURNAL**

**PLAY WITH A PET**

**DO A MEDITATION, YOGA, OR BREATHING EXERCISES**

**TALK TO YOUR PARENTS, FRIENDS, OR A SIGNIFICANT OTHER**

**GET EIGHT HOURS OF SLEEP OR TAKE A NAP**

*Managing*  
**WELLNESS**  
*During*  
**EXAM SESSION**



# INFORMATION BASED ON ARTICLE BY

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Active Minds is the nation's premier nonprofit organization promoting mental health for young adults.