

WORKSHEET



EXERCISE #1: FINDING YOUR PLACE ON CAMPUS

Jot down 3-6 teams, organizations, or activities at your college that you want to get involved with

Share with your Neighbor!

EXERCISE #4: HEALTH SERVICES ON CAMPUS

Find out the following information about Student Health:

- Location
- Hours of Operation:
- How to make an appointment:
- Costs:
- Coordination with other doctors/access to specialists:

EXERCISE #5: MENTAL HEALTH SERVICES ON CAMPUS

Find out the following information about Student Health: (including location, hours, how to make an appointment, costs, coordination with other doctors, and access to specialists):

- Location
- Hours of Operation:
- How to make an appointment:
- Costs:
- Coordination with other doctors/access to specialists:

EXERCISE #6: EMOTIONAL & SOCIAL CONSIDERATIONS

List 3 things you can try to do if you feel lonely on campus:

- 1. _____
- 2. _____
- 3. _____

List 3 adaptive (vs. maladaptive) coping strategies you can use to relieve stress in college:

- 1. _____
- 2. _____
- 3. _____

EXERCISE #7: LIVING SITUATION & ROOMMATES

List 3 different college living situation options you researched and the pros and cons of each one:

LIVING OPTION	PRO	CON
1		
2		
3		