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:

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### 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:

<table>
<thead>
<tr>
<th>LIVING OPTION</th>
<th>PRO</th>
<th>CON</th>
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<tbody>
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