

ACADEMIC SUPPORT

(course instructor, advisor, tutoring, academic coach, writing center, math center, librarian)

PERSONAL SUPPORT

(helps you unwind, reminds you of personal values)

SPIRITUAL SUPPORT

CREATING MY SUPPORT NETWORK

PROFESSIONAL SUPPORT

(social networks, research, mentors)

CAMPUS CONNECTIONS

(clubs, organizations, athletics)

AFFIRMATIONS THAT MOVE ME FORWARD