

Tips for a Healthy Academic Year

Small choices can help you stay balanced, connected and ready to thrive.

College life can be exciting, rewarding and challenging. Use these practical reminders to care for your academic, emotional, social, physical and spiritual well-being.

PLAN FOR ACADEMIC SUCCESS

- Create a routine and be intentional.
- Take initiative and be proactive.
- Give yourself plenty of time to complete assignments.
- Develop effective time-management skills.
- Understand that you cannot do everything.
- Expect plans and circumstances to change - be flexible.
- Do not be afraid to ask for help.
- Take advantage of campus support programs.

BUILD HEALTHY RELATIONSHIPS

- Establish and maintain healthy boundaries.
- Nurture your family relationships.
- Stay connected with family and friends who live far away.
- Build new friendships and supportive connections.
- Volunteer and look for opportunities to serve others.

CARE FOR YOUR EMOTIONAL WELL-BEING

- Practice living in the present moment.
- Protect your time by setting limits on work and study hours.
- Make time to relax and enjoy hobbies.
- Learn to forgive others - and yourself.
- Do not let stress get the best of you.
- Remember that you do not have to please everyone.
- Learn to recognize the signs of depression.
- Prepare for the winter blues.
- Develop the habit of optimism.

CARE FOR YOUR BODY AND SOUL

- Do not allow yourself to become run-down.
- Get adequate rest and make time to recharge.
- Support your body through nutritious food and regular physical activity.
- Take care of your soul by staying connected with your Creator.

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars - to change the world.”

- Harriet Tubman

NEED SUPPORT? WE ARE HERE FOR YOU.

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READY TO GET STARTED?

REGISTER ONLINE

Complete all required forms, then call the CTC to schedule your first appointment.