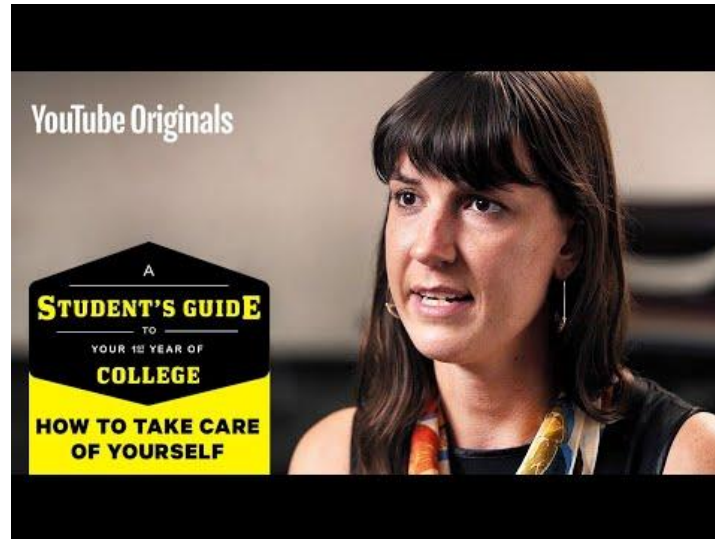


Navigating Freshman Year

Student Support System & Self-Care



This episode is all about the best tips for staying healthy. Whether it's stress, anxiety, depression, or just feeling homesick, learn about the mental health resources on campus that are there to help you. Self-care is incredibly important for college students, but that looks different for everyone. Find what works for you, and make sure to keep checking in with yourself. Remember to seek out opportunities to improve your personal wellness, and ask for help whenever you need it.



Living on your own can definitely mean a lot of freedom and a lot of fun, but that doesn't mean it's responsibility-free. In this episode, we're giving you helpful tips on how to live on your own and build a routine that works for you.

