

SUPPORTING STUDENTS THROUGH TRANSITION

Health and Wellness during
COVID-19 Pandemic

OVERVIEW

Welcome and Opening Remarks

Introduction of Panelist

Question and Answer Session



RESILIENCY

COPING STRATEGIES

Productive

- Exercise
- Meditation/Prayer
- Planning beyond crisis
- Making connections
- Rest
- Focus
- Time Management
- Managing things within your influence

Detrimental

- Excessive Drinking/Drug Use
- Withdrawal
- Survival Mode
- Negativity
- Worrying
- Not Making Time for Yourself
- Lashing out

CAMPUS RESOURCES

- Counseling
- Academic Advising
- Tutoring
- Faculty/Staff Support
- Career Services/Job Placement
- Enrollment Services
- Financial Aid
- Foundations

MOVING FORWARD

Struggles are a part of the life, but they are not the totality of what life entails so we must remember to discover all the other ingredients that make life worth living.

-Anonymous