

College Prep

# MENTAL HEALTH CHECKLIST

## TO DO WITH OTHERS

- ☐ Identify Your Support System
- ☐ Schedule Calls with Friends and Family (weekly, biweekly, monthly, etc.)
- ☐ Note When You'll Next See Friends and Family
- ☐ Join Student Groups on Social Media
- ☐ Create Open Communication with Your Future Roommate

## TO DO WITH YOURSELF

- ☐ Establish Self-Care Routines
- ☐ Practice Mindfulness Techniques
- ☐ Set Boundaries in Advance
- ☐ Plan Time for Fun During the Semester
- ☐ Write 5 Semester Goals (for academics, relationships, and experiences)

## TO DO WITH YOUR SCHOOL

- ☐ Discover Support Resources at Your University
- ☐ Look into Student Organizations and Interest Groups
- ☐ Find your School's Counseling Center on Campus
- ☐ Organize a Realistic Academic Schedule
- ☐ Research Activities Outside of Campus