

# "Fall" into Healthy Ways of Being Your Best Self

## Navigating Interpersonal Relationships



Come learn healthy communication and conflict management skills that will be useful in your various relationships (e.g. roommates, friends, romantic partners, coaches and teammates, professors and even family)!

## Adjusting to a New Social Community

Come learn helpful ways to get out of your comfort zone and embrace meeting diverse groups of people across campus!



## Being Your Authentic Self

Come explore what it means to show up as your "authentic self" and to feel more comfortable in various spaces!



## The Pros and Cons of Social Media

What are you "downloading" into yourself? Come discuss ways to be more intentional with your social media use!



## Advocating for Yourself in the Classroom

Are you experiencing any difficulties in the classroom? Do you know what resources and options are available to you as a student? Come learn about the various ways in which you can advocate for yourself and your individual needs throughout your academic journey!



Dates & Location: TBD

Presented by Counseling Services

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