Activity 1: Setting Your Boundaries

Objective: To define and establish personal boundaries.

Instructions:

Take some time to reflect on your personal boundaries and what you're comfortable with in various aspects of your life.

Create a list of boundaries that are important to you, such as emotional, physical, and social boundaries.

Write down specific situations or scenarios where you've felt your boundaries were crossed.

Share your boundaries with a trusted friend or family member and discuss ways to communicate them effectively.

Activity 2: Exploring Campus Activities

Objective: To identify alternative campus activities and potential participants.

Instructions:

Brainstorm a list of alternative activities or clubs you're interested in joining on your campus.

Consider who you might invite to join you in these activities, whether they are friends, classmates, or roommates.

Research the availability and meeting times of these activities and make a plan to attend one or more of them.

Activity 3: Managing Financial Stress

Objective: To address and alleviate financial stresses and explore available resources.

Instructions:

List any financial stresses or challenges you are currently facing.

Research and identify financial resources available in Arkansas, such as scholarships, grants, and financial counseling services.

Develop a plan to address your financial stresses, which may include applying for financial aid or seeking budgeting advice from a financial counselor.

Activity 4: Identifying Personal Risk Factors

Objective: To recognize and address personal risk factors.

Instructions:

Reflect on your life and experiences to identify any personal risk factors that may affect your well-being or success in life.

Write down the risk factors you've identified, such as health concerns, academic challenges, or personal obstacles.

Consider strategies and support systems that can help you mitigate these risk factors.

Activity 5: Exploring Support Resources

Objective: To discover available resources for addressing personal problems and challenges.

Instructions:

Research the various support resources available on your campus, such as counseling services, peer support groups, or wellness centers.

Consider your own needs and preferences when it comes to seeking support.

Choose one or more resources that you believe might be the right fit for you, and make a plan to utilize them when needed.

Activity 6: Recognizing Your Strengths

Objective: To identify and appreciate your positive qualities, skills, and resources.

Instructions:

Make a list of three positive qualities about yourself, such as resilience, creativity, or empathy.

Identify three skills you possess that you can apply to your college experience, such as time management, communication, or problem-solving.

Recognize three resources you have access to, whether they are personal relationships, academic support, or community resources.

Reflect on what makes you awesome, resilient, and strong, and use these qualities to empower yourself in your college journey.