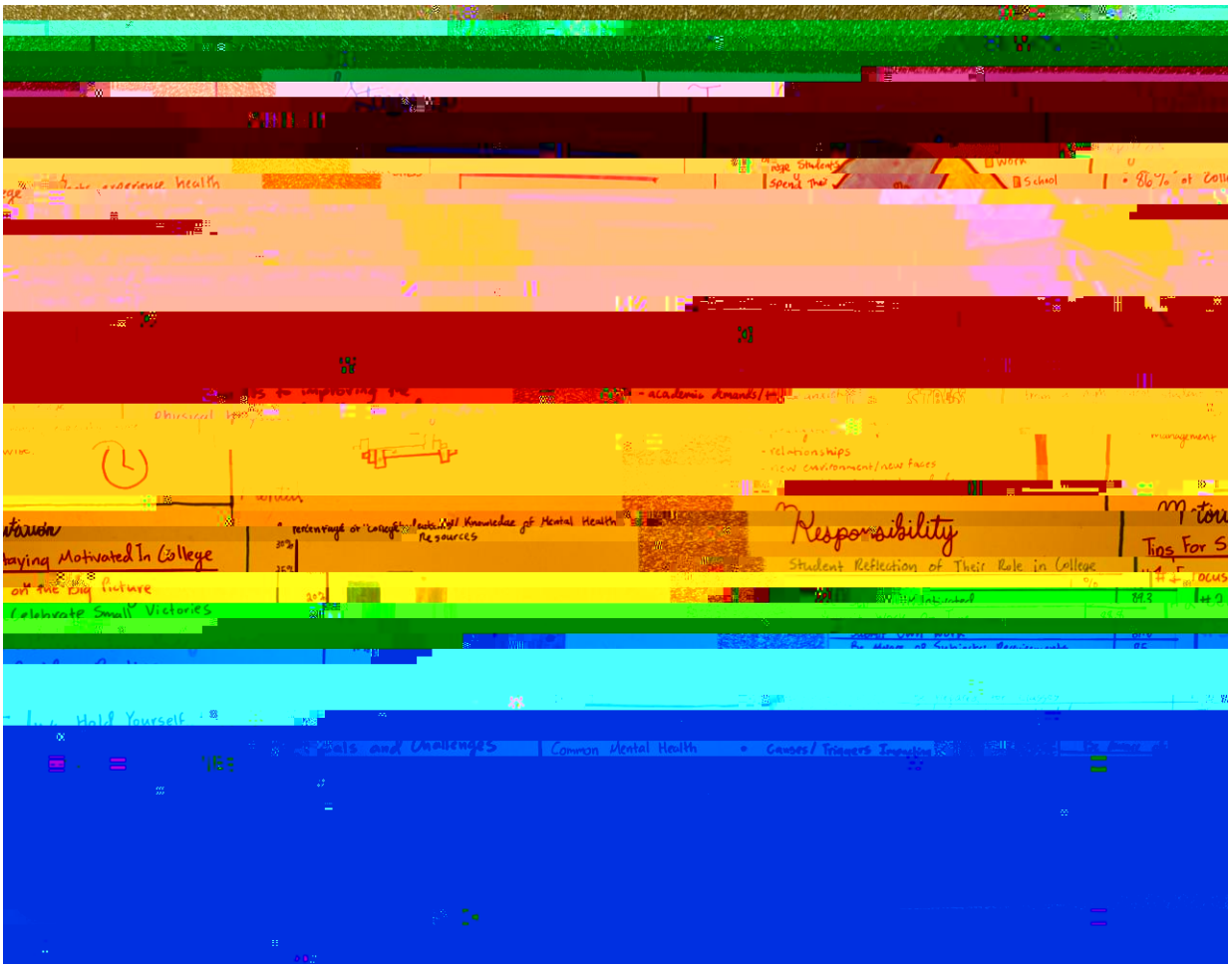
Responsibility
Student Reflection of Their Role in College
Common Mental Health
Causes/ Triggers Impacting
Celebrate Small Victories
Hold Yourself
Resources
relationships
new environment/new faces
School
Work