BOSTON COLLEGE CENTER FOR STUDENT WELLNESS

Wellness Tips

COMMUNITY

BOSTON COLLEGE
Division of Student Affairs
CENTER FOR STUDENT WELLNESS

TOP 10 TIPS

1. Join a club and do what you love
2. Ask someone how they are doing, and show you care
3. Find an adult mentor on campus
4. Conserve by reducing, reusing, and recycling
5. Learn how to give as well as to receive
6. Put your phone away during meals to increase connection and conversation
7. Meet with a Wellness Coach to create next steps for building your sense of community
8. Create a study group with peers from your class
9. See forgiveness as a gift to you, not to someone else
10. Ask how you can make BC more inclusive and welcoming

For more information contact the Center for Student Wellness:
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