

# STUDENT Well-being RESOURCES



<b>PHYSICAL</b>	<p>The Student Health Services</p> <p><a href="http://shs.tamu.edu/services/">shs.tamu.edu/services/</a> (CS)</p> <p><a href="http://tamuk.edu/health-services/index.html">tamuk.edu/health-services/index.html</a> (KV)</p> <ul style="list-style-type: none"> <li>Medical Clinic</li> <li>Dial-A-Nurse</li> <li>Nutrition Services</li> <li>Women's Clinic</li> <li>Behavioral Health Counseling</li> </ul>	<p>TAMU Student Affairs</p> <p><a href="http://studentlife.tamu.edu/hp/">studentlife.tamu.edu/hp/</a></p> <ul style="list-style-type: none"> <li>Body Composition Readings</li> <li>Wellness Spotlight</li> <li>Presentations (<i>Alcohol &amp; Mental Health, Sexual Health</i>)</li> <li>Resources for each Wellbeing Dimension</li> <li>Women's Self Defense Class</li> </ul>	<p>School of Pharmacy</p> <p><a href="http://pharmacy.tamu.edu/">pharmacy.tamu.edu/</a></p> <ul style="list-style-type: none"> <li>Walk-Across Texas Step Challenge</li> <li>Beach to Bay</li> <li>Access to Campus Gym</li> </ul>	<p>American Council on Exercise (ACE)</p> <p><a href="http://acefitness.org/education-and-resources/professional/expert-articles">acefitness.org/education-and-resources/professional/expert-articles</a></p> <p>Free access to health and fitness insights</p> <ul style="list-style-type: none"> <li>Active Aging</li> <li>Cardiovascular Training</li> <li>Youth and Women's Health</li> <li>Exercise Your Way to Stronger Bones</li> </ul>
<b>EMOTIONAL/ SOCIAL/CAREER</b>	<p>TAMU Student Affairs</p> <p><a href="http://studentlife.tamu.edu/hp/">studentlife.tamu.edu/hp/</a></p> <ul style="list-style-type: none"> <li>Wellness Spotlight</li> <li>Health Promotion Presentations (<i>Stress Relief, Time Management, and Interpersonal Violence Prevention</i>)</li> <li>Concerning Behavior Guide</li> </ul>	<p>TAMU &amp; TAMUK Student Counseling Services</p> <p><a href="http://scs.tamu.edu/">scs.tamu.edu/</a> (CS)</p> <p><a href="http://tamuk.edu/counseling-services/index.html">tamuk.edu/counseling-services/index.html</a> (KV)</p> <ul style="list-style-type: none"> <li>Personal Counseling (<i>relationship difficulties, depression, stress, suicidal thoughts</i>)</li> </ul>	<p>TAMU &amp; TAMUK Career Services</p> <p><a href="http://careercenter.tamu.edu/">careercenter.tamu.edu/</a> (CS)</p> <p><a href="http://tamuk.edu/csc/">tamuk.edu/csc/</a> (KV)</p> <ul style="list-style-type: none"> <li>Resume/CV reviews</li> <li>Practice interviews</li> <li>Job/Internship searches</li> </ul>	<p>School of Pharmacy</p> <p><a href="http://pharmacy.tamu.edu/">pharmacy.tamu.edu/</a></p> <ul style="list-style-type: none"> <li>Peer Mentoring</li> <li>Peer Tutoring</li> <li>Faculty Advising</li> <li>Office of Student Success (<i>Academic Coaching, Career Counseling, Student Success Workshops: Emotional Intelligence/StrengthsFinder2.0</i>)</li> <li>Office of Experiential Education (<i>Career Planning, Job Fairs and Announcements</i>)</li> <li>Office of Student Affairs (<i>ASPIR<sup>2</sup>E, student organizations, scholarships, food-pantry, QPR Training</i>)</li> </ul>
<b>FINANCIAL</b>	<p>ME (Money Education) Center</p> <p><a href="http://money.tamu.edu/">money.tamu.edu/</a></p> <ul style="list-style-type: none"> <li>Advice and workshops on financial goal setting, banking, budgeting, building credit, debt repayment, and more</li> <li>In person or over the phone advising</li> </ul>	<p>Greater Good Science</p> <p>at University of California, Berkeley</p> <p><a href="http://ggia.berkeley.edu">ggia.berkeley.edu</a></p> <p>Free access to science based practices to improve social and emotional well-being.</p> <ul style="list-style-type: none"> <li>Practices include step by step instructions and quizzes</li> <li>Articles/Podcasts</li> </ul>	<p><a href="http://resourcesforliving.com/login">resourcesforliving.com/login</a></p> <ul style="list-style-type: none"> <li>University of Texas Employee Assistance Program &amp; Texas A&amp;M HSC <i>Free counseling for p4</i></li> </ul>	