

Greetings Students!

We hope that in the excitement and hustle-bustle of the admissions, orientations, new classes, and meeting new people you have taken a minute to pat yourself on the back as you step into a new part of your life!

As you begin your new journey, multiple experiences will await at your doorstep. We are happy to inform you that we at NLUD are here to work with you in your journey of well-being during all these movements and changes.

It's our vision and focus to provide and co-construct a framework that facilitates the well-being of the students by creating awareness about various psychological concepts, providing psychological services, and sharing empirical and research-based techniques for working with everyday issues and personal growth.

Tips and Tricks for Your First Month of Starting University

Entering a new environment is exciting but it also entails learning about it and gaining **Environmental Mastery**. Embarking on this journey can be exhilarating and also requires one to acclimate to unfamiliar surroundings and gain a sense of command over them. Here are some tips and tricks to help you make the most of your first month of starting university.

GET

FAMILIAR:

Make sure to attend all course orientations and interactions, and regularly check your email for notifications.

Don't let your doubts go unnoticed, ask questions! When in need don't hesitate to ask for help.



GET CONNECTED TO CAMPUS ACTIVITIES

- To find out about the events taking place on the University campus, please refer to the University calendar.
- Make sure to participate and learn about the different student clubs and committees. These organizations can provide unique opportunities for personal growth, community involvement, and networking with other individuals.

- Expect changes in your routine and allow yourself the time to settle into your new schedule.
- Be organized by planning your day, managing your time effectively, and prioritizing tasks.
- Create a digital calendar that includes all the essential dates such as submission deadlines, important events, and reminders.
- It is important to learn how to set goals and expectations that are realistic, clear, and time-bound.

KEEP
IT
MANAGEABLE





Prioritizing Your Overall Health

- Taking care of your physical, mental and emotional health is vital to your overall well-being. It's important to set aside some time each day to check in with yourself and take note of your emotional state. Ask yourself how you're feeling, what's been on your mind, and what kind of support you need. Remember to be kind and patient with yourself as you navigate your emotions and work on improving your mental health. Allow yourself the time you need to learn and adjust. If you need any support or guidance, please don't hesitate to reach out.