If you are anything like me, you may struggle with being kind to yourself. If you are not mainly positive or negative? In hard times, do you find yourself diminishing your self-worth or do you seek the silver linings and talk to yourself with kindness?

Do you struggle with complimenting yourself? You can try following these guided worksheets.

Rewarding Yourself Worksheet

How to Build Self-Esteem: 5 Free Worksheets

If you need help accessing university and/or field forms are available here!

The InPlace fee is $67 per year or $130 for a lifetime. Each student will need to plan to use the new InPlace.

Field forms are available here!

URL

Submit your request in MyMav by the 14-week summer session; July 10: Last day to drop classes for the upcoming fall semester!

Students experiencing homelessness are advised to email the Director of Student Advocacy Services. Students experiencing homelessness may be able to receive temporary housing assistance.

Contact information:

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Hello my fellow graduates! Meet Reagan Leslie (top) and Jordon Ward (bottom). 

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Meet our Newsletter Leads!