Sometimes the hardest part about dealing with stress and or anxiety Is identifying the problems.

Using this tool can be a great way to gain clarity over your situation. Or identify the arias where you need clarifikation.

It can be a great start to a conversation with your study and career advisor.

You don’t have to share more than you would like to. And the study and career conselors have full confidentiality.

**Check In with Yourself**

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|  | How am I feeling? |
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|  | What is not working for me? |
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|  | What is working for me? |
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|  | What do I need? |
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|  | What can I let go of? |
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|  | Where can I get help? |
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|  | What else is on my mind? |
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