

Hypothetical Solutions

**Keeping
in touch
with
family**

**Going off
campus to
fun areas**

Problems

Learning
self-discipline

**Finding
Friend
Groups**

Attendance

**Drug
Abuse**

Feeling of
loneliness

**Failing
classes**

Solutions

School
Organizations

**Social
events**

Money
management

Using
resources
offered by
the school

Getting close
with your
roommates

Details

Sororities/Fraternities,
Dance Club, Yoga
Club, etc.

Go to parties,
Rha events,
club events,
etc.

**Building
good
study
habits**

**Going
to class**

**Have a
budgeting
plan**

Other Ideas

**Practicing
self care
every
week**

Taking out
one day of the
week to
improve
mental health