## Where do you go from here?

It’s easy to lose focus on your own health and wellness during the tumultuous first year in college. But the benefits of developing strategies to improve and maintain your emotional, physical, and mental health will only increase as you age. What would you like to learn more about? Choose a topic from the list below, and create an annotated bibliography that would direct further research.

* - simple strategies to improve physical health
* - daily opportunities to maintain and improve emotional well-being
* - mental health risks and warning signs
* - steps to take to be more safety conscious