

Separation Preparation

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Managing
independence
while maintaining your
values.

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Overview

- **Exercising your own agency**
- **Coping with change**
- **Asking for help**
- **Relating to others**



What questions do you have?



Exercising Your Agency

- **Being your own advocate**
- **Making your own choices**
- **Managing your time**
- **Managing your money**



Coping with Change

change → stress → *coping*



OUTCOME

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Asking for Help

- **Tutoring or accommodations**
- **Healthcare and counseling**
- **Advisors and faculty**
- **Trusted friends and family**

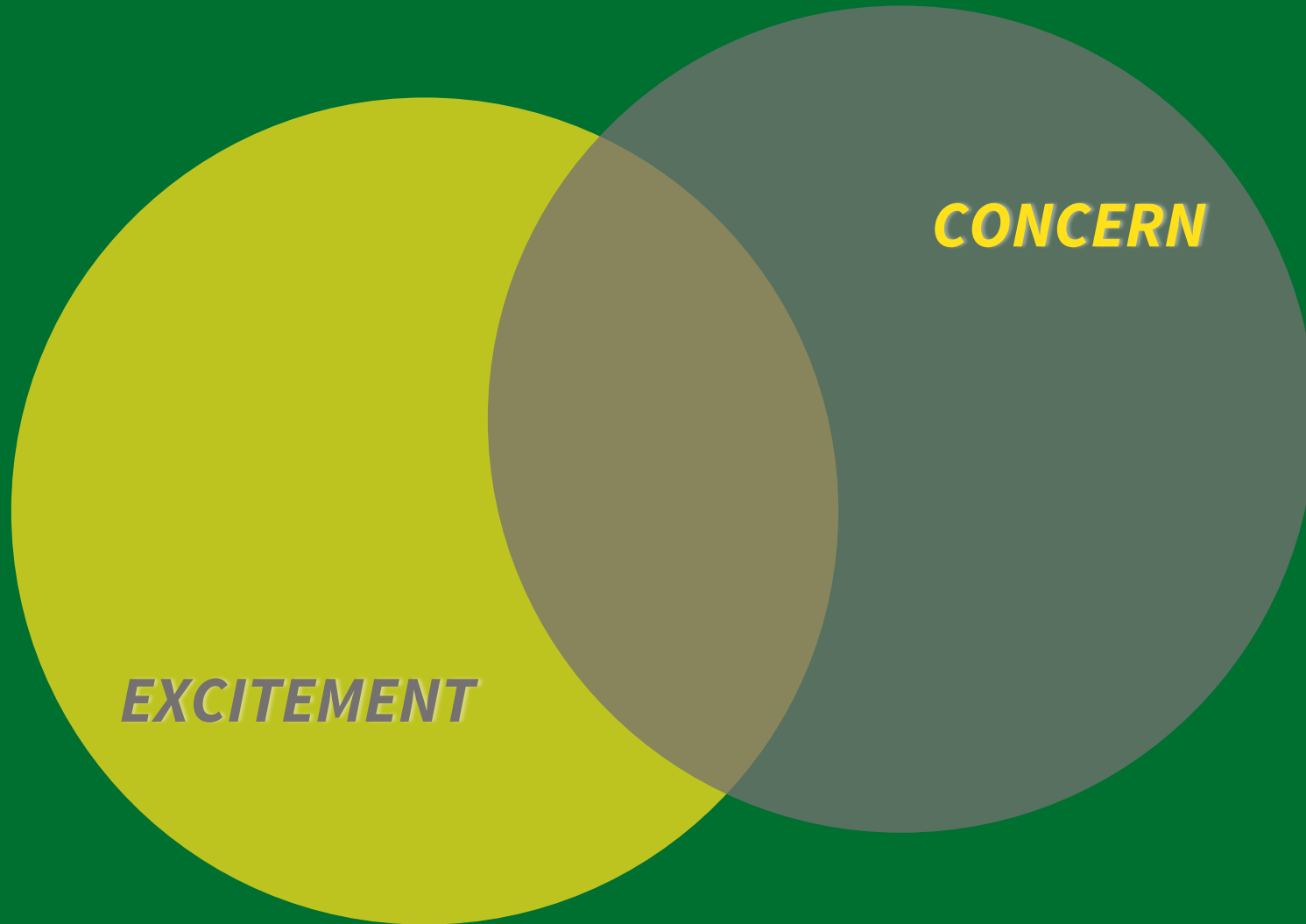


Relating to Others

- Roommates
- New and old friends
- Intimate partners
- Faculty and staff
- Parents, family, and supporters



Take Time to *Reflect*



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What questions do you have?



THANK YOU!

