

# OASIS

## Support for Academic Success and Personal Growth

The Oasis platform has tips, videos, exercises, and articles for coping with big changes as you adjust to college life, new social interactions, and roommates.

Oasis provides a safe, comfortable, and secure space to support you in your academic pursuits and personal growth.

Reach out today to an Oasis Support Counselor to receive emotional support!

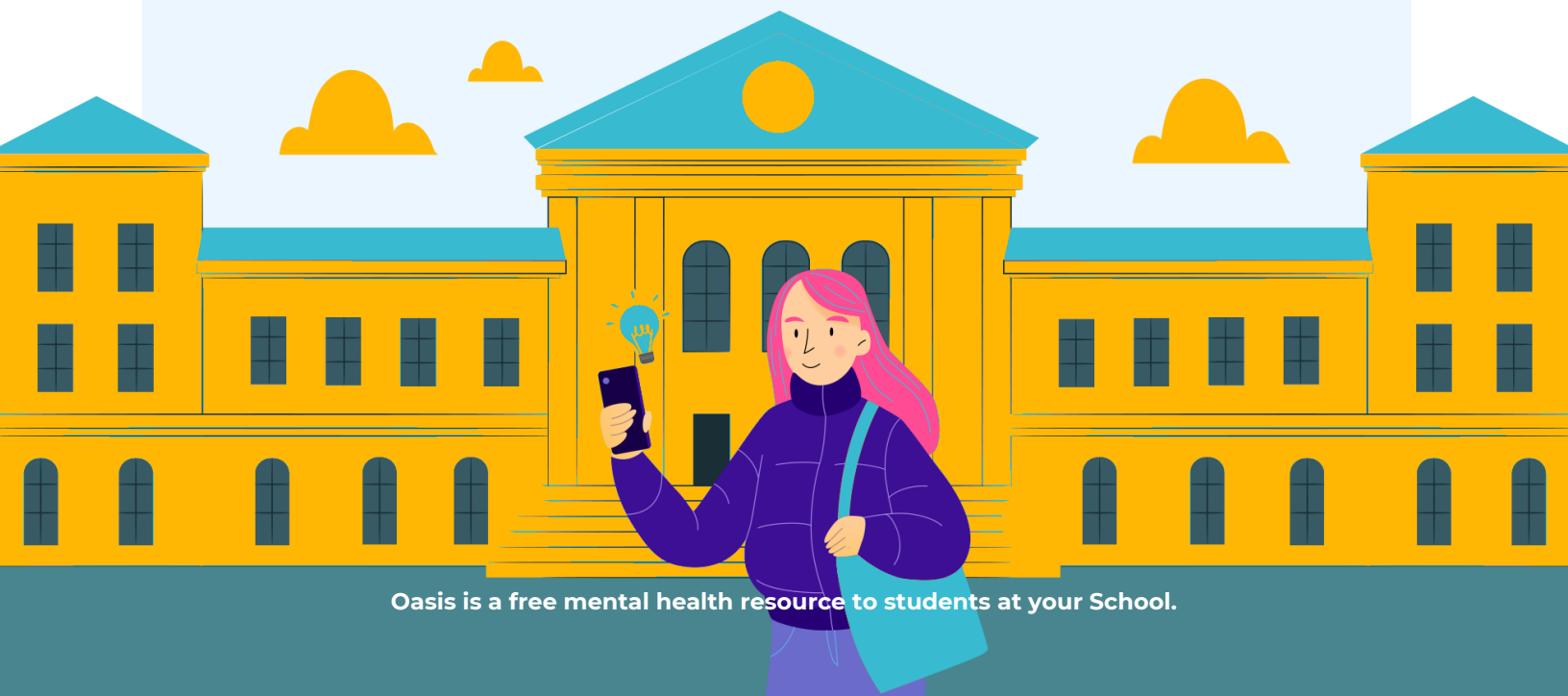


Scan to download the Oasis App!



### Suggested Self-Care Content

- Goal Setting: Create a Vision Board
- Mind Exercises for Focus and Relaxation
- Self-Exploration: Listing Wins
- Getting Involved on Campus
- Making New Friends



Oasis is a free mental health resource to students at your School.