Mindfulness Monday

Mindfulness can take on an abundance of forms other than the stereotypical “sit cross-legged in complete silence” image that many of us have. When we are mindful, we are more deeply aware of the present moment. We can practice this in many of our favorite, everyday activities. Click here to see some ways that Baylor Spiritual Life recommends we increase our own mindfulness.

Maintaining Mental and Emotional Health: Relaxation Toolbox

The Counseling Center at Baylor University has gathered resources to provide you with essential skills to help you maintain mental and emotional health. This week’s resource is dedicated to “Relaxation.” Visit the Counseling Center’s website to participate in guided yoga sessions. Click HERE, and prepare yourself to find some relaxation as we come to the end of Summer II semester.

The Store

The Student Success Initiatives office hosts a student food pantry called The Store which is located in the Student Life Center (SLC). This food pantry provides students in need with supplemental food so they can bring their best to the campus environment and have the strongest likelihood of achieving academic success. Go to the Student Success Initiatives website for more information by clicking HERE.

Critical Thinking

What does Bloom’s Taxonomy have to do with studying for exams? Take a look to see how knowing these levels of critical thinking can help you improve your approach to studying. Then look at specific ways you can study for each level. Click HERE to learn more.

Study Habits for Levels of Bloom’s Taxonomy

The Road To Finals

Let Academic Support Programs help you begin organizing your material for your Final Exams starting now with this “Preparing for Finals” packet.

Career Center Virtual Events

For upperclassmen: The Career Center continues hosting virtual events through the summer to keep your career goals on target. Check Handshake for up-to-date information on each session. For new freshmen at Baylor, check out our Freshman Checklist as you begin your Baylor journey.

Spiritual Life

Student Activities

Multicultural Affairs

Counseling Center

Health Services

Baylor Wellness

Campus Recreation

Bears of Baylor

Campus Living and Learning

Submit items for consideration by Wednesday at 8 a.m. by emailing them to WhatsNew@baylor.edu.

Stay connected with Student Life

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