Student Financial Literacy Canvas Course

Student Financial Literacy has an open course that you can access at any point throughout your time at Baylor. In it, you'll find various topics such as budgeting, paying off debt, FAFSA, building credit, and much more, along with tools you can use to help you achieve financial wellness. You can access the course here.

Maintaining Mental and Emotional Health: Mindfulness 101

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 "Mindfulness 101." Visit the Counseling Center's website to learn more about how to be aware of what's going on around you, changing your reaction to outside disturbances, and not letting external factors control you internally. Click here for more information.

Care Team

The mission of the Care Team is to serve as consultants to various campus constituents who may have concerns about students on the campus of Baylor University based upon their interactions with these individuals. The goal is to support students in accessing both on- and off-campus resources, so that they can be personally and academically successful. Click here for more information.

Cornell Note-Taking

Make your lecture notes more practical, meaningful, and useful by utilizing the Cornell Note-Taking System. Click here for more information.

What Do I Do With My Notes?

What you do with your notes is even more important than how you choose to take them. This quick video will give you some ideas on how to utilize your notes more effectively. Click here for more information.

Why You Should Collaborate

An exciting part of the college experience is encountering a newfound freedom and independence. And there are certainly times when handling things on your own is the best choice. However, college life can also be easier and more enjoyable when the choice is made to collaborate with others. This is known as interdependence. Skip Downing, author of OnCourse, describes interdependence as "I know I can get some of what I want by working alone, but I'll accomplish more and have more fun if I give and receive help, so I choose to be interdependent." Baylor offers a wide variety of resources to assist you in your success. Questions concerning what courses to take? Click here. Want to know the best strategies and resources for academic success? Click here. Have questions concerning your financial aid or scholarship package? Click here. Experiencing personal challenges? Click here. Experiencing health-related issues? Click here. Decisions regarding an internship or career? Click here. Want to get involved socially on campus? Click here.

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.

Stay connected with Student Life

Do you no longer want to receive emails like this? Unsubscribe

Copyright © Baylor® University. All rights reserved. Legal Disclosures.