

Balancing social and personal time

Developing social networks

Valuing diversity and treating others with respect

Some Signs of Social Wellness

Staying true to yourself

Creating healthy boundaries within relationships

Remembering to have fun

FUN FACTS

- Your credit score is like your GPA for adulthood. Keep it high, and you'll unlock better financial opportunities. It's the ultimate quest for a credit A+!
- Student loans are like time-travel devices. You get to experience your future income but in reverse. Handle with caution!

Game Zone

<https://www.timeforpayback.com/>

This game shows you how the decisions you make now will impact your finances after college. Copy and paste the link into your browser to play!



GET TO KNOW THE COACHES!



Bhumika: Social wellness: I do grocery shopping with my friends almost every weekend. It's like our little thing we do together. Financial Wellness: I use "Money manager" app to track my expenses.



Vamshi: To boost my social wellness I attend campus events and club meetings, building connections and interacting with diverse people. I put a monthly cap on my spending to boost financial wellness.



Gania: I make sure to meet up with my friends once in a while to improve my social wellness, and check my bank statements to make sure I'm not overspending for financial wellness.



Mrunmayi: One way that I practice social wellness is by setting a time aside every week to spend with friends! I check my bank statements to maintain financial wellness by regulating my spending.

RECIPE OF THE MONTH BY COACH GANIA

TOTAL GROCERY COSTS
CHICKEN + PORK ADDITIVES:
 \$22.15
CHICKEN: \$23.50
VEGETARIAN: \$21.49
VEGAN: \$17.50

PER MEAL COSTS
CHICKEN + PORK ADDITIVES:
 \$2.90
CHICKEN: \$2.86
VEGETARIAN: \$2.41
VEGAN: \$2.16



LINK TO RECIPE

https://docs.google.com/document/d/1-Mr2FuDKXD7N6kgtHgGVIv0E4eXNozyjaf1_UdUmcY/edit?usp=sharing

LINK TO INGREDIENT LIST

https://docs.google.com/spreadsheets/d/1bHotF8tgL4wtl5yTQPSOp_h0R21JiWkWLdJME-bzrWM/edit?usp=sharing

COACHING WITH OREO



FACT OR FICTION?

- 1. EXPRESSING VULNERABILITY IN A RELATIONSHIP CAN STRENGTHEN THE BOND BETWEEN INDIVIDUALS.**
FACT!
- 2. LONELINESS ONLY AFFECTS OLDER ADULTS AND HAS NO IMPACT ON YOUNG PEOPLE'S SOCIAL WELLNESS.**
FICTION!
- 3. IT'S POSSIBLE TO HAVE A HEALTHY SOCIAL LIFE WHILE WORKING LONG HOURS AND PURSUING A SUCCESSFUL CAREER.**
FACT!
- 4. MAINTAINING SOCIAL WELLNESS MEANS NEVER SAYING 'NO' TO SOCIAL INVITATIONS OR REQUESTS.**
FICTION!

RESOURCES ON CAMPUS

C-CAPS Office: <https://www.njit.edu/counseling/>
Peer Wellness Coaching: <https://www.njit.edu/healthservices/peer-coaching>
Campus Health and Wellness: <https://www.njit.edu/healthservices/>
Office of Financial Aid: <https://www.njit.edu/financialaid/contact-us>
Dean of Students: [dos.njit.edu](https://www.njit.edu/dos/)
Student Organizations: <https://www.njit.edu/life/activities-organizations>
Highlander Hub: <https://njit.campuslabs.com/engage/>
Calendar of Events: <https://www.njit.edu/calendar>
Campus Center Game Room: Campus Center basement