

support

FLOURISHING

Hope College prides itself on fostering the development of the whole student — intellectually, spiritually, socially, and physically. Derived from this philosophy, Hope is committed to supporting students not just academically, but through a holistic lens. Students can focus on developing skills across six pillars: Academic, Belonging, Physical, Faith, Generosity, and Life Preparation.



The transition to college life and its academic rigors can be challenging. Students can struggle with this for several reasons, but it is often during unprecedented or uncontrollable life events. And while these circumstances can be deeply impactful, they don't need to define one's life or choices. Several resources within the six pillars of flourishing can help students build resilience and thrive in college.

Please use this handout as a guide to reflect upon and challenge yourself, as well as a means to start conversations with others.

After all, it is together that we truly thrive and flourish.

ACADEMIC



Academic resilience focuses on developing skills for effective study habits and strategies, time management, and prioritizing tasks. This pillar aims to empower students with a growth mindset to overcome life challenges, adapt to college rigor, and foster a passion for lifelong learning.

you
CAN

- Identify positive strategies and barriers impacting coursework
- Create goals to develop better habits (SMART GOALS)
- Organize due dates in a planner or calendar app
- Attend class regularly
- Be consistent with your routines
- Request a tutor early in the semester
- Sign up for Academic Coaching
- Break large projects into smaller, manageable tasks

In a planner or calendar app, schedule each class period. Then, review each class syllabus and enter due dates for all class assignments, quizzes, and tests.



set
**STRONG,
CONSISTENT
ROUTINES**

Do this from the beginning of the semester and you'll develop positive habits you can maintain throughout college.



Resources

- [Academic Coaching](#)
- [Disability & Accessibility Resources \(DAR\)](#)
- [Group Study Sessions](#)
- [Peer Partnership Learning](#)
- [Study Strategies](#)
- [Test-Taking Strategies](#)
- [Time Management](#)
- [Tutoring](#)
- [Writing Assistance](#)

BELONGING



Fostering a sense of belonging and community helps students build strong social connections and cultivates overall flourishing. This pillar promotes mental well-being and emotional support, combats loneliness, and enhances student engagement in college.

you
CAN

- Spend consistent time with others
- Cultivate high-quality connections
- Try new activities, clubs, or organizations
- Have daily, positive interactions with others
- Give and accept kindness
- Be vulnerable and open with friends and family
- Share experiences with others

Belonging and community start with building connections with others. Try introducing yourself to others and having small, positive interactions with others daily.



have
**CONSISTENT
POSITIVE
INTERACTIONS**

These lead to high-quality connections and deepens trust.



Resources

[Athletic Events](#)

[CAPS](#)

[Events Calendar](#)

[Greek Life](#)

[Hope Traditions](#)

[Residential Director \(RD\)](#)

[Student Activities Committee \(SAC\)](#)

[Student Congress](#)

[Student Organizations](#)

PHYSICAL



Exercise, balanced nutrition, adequate sleep, and self-care activities are the foundation of physical resilience. A healthy lifestyle is crucial for one's overall well-being, including energy, mood, concentration, and stress management. Firstly, if you ever feel physically unsafe, 911 is your best option. Then, Campus Safety. Your safety is the top priority in all that you do.

you
CAN

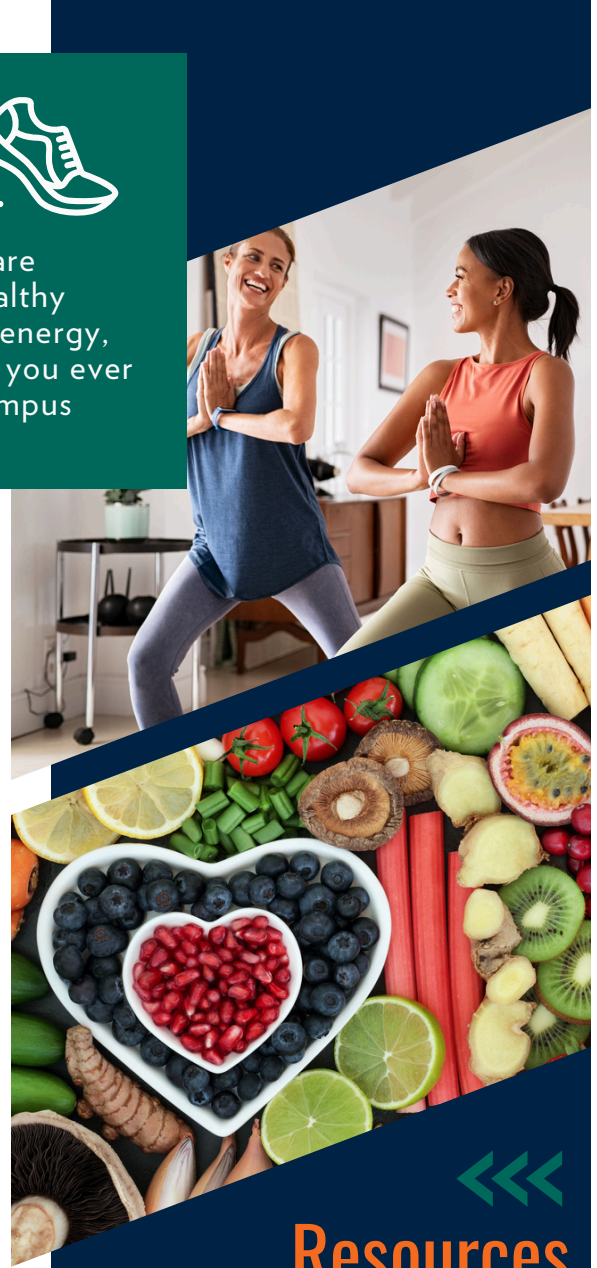
- Prioritize sleep by creating a consistent night-time routine
- Have a healthy and balanced diet
- Add physical movement into a daily routine
- Deep Breathing Exercises
- Make time for self-care and “flow activities” (activities that engage and challenge the mind)
- Practice mindfulness meditation
- Take regular breaks during study sessions

Another priority should be sleep and healthy nutrition. While it seems like this is common sense, these are typically the main items people tend to overlook or cut out when they are feeling overwhelmed.



add
DAILY PHYSICAL ACTIVITY

This improves blood flow and concentration. Several studies also show it can boost your mood and overall wellbeing.



Resources

- [Campus Safety Services](#)
- [DeVos Fieldhouse/Dow Center](#)
- [Dietary Needs](#)
- [Emergency Information](#)
- [Group Fitness](#)
- [Health Center](#)
- [Hope Closet*](#)
- [Insurance](#)
- [Keeping Hope Care Pantry](#)
- [Safety Tips](#)
- [Sexual Assault Resources](#)

*Reach out to Student Life to learn more.

FAITH

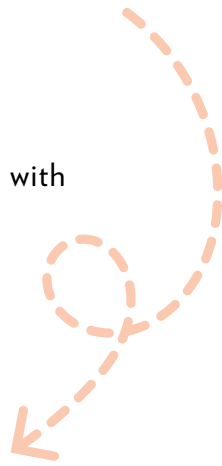


Cultivating faith develops an ethical and moral foundation that fosters a broader sense of purpose. This pillar encourages curiosity and reflection on life's existential questions and provides the framework to view life's challenges with hope and moral direction.

you
CAN

- Practice prayer and introspection
- Ponder life's existential questions
- Attend Chapel and church
- Participate in Bible Studies
- Seek guidance from religious leaders or mentors
- Discuss diverse religious and spiritual perspectives (this promotes mutual understanding and respect)
- Share your religion or spiritual journey with others
- Seek strength and comfort from faith during challenging times

Spend time for personal reflection, prayer, or meditation. Answers to life's profound questions require serious thought and consideration. It takes time to develop and understand your beliefs and values.



have
CURIOSITY
seek
ANSWERS

It's normal to not have all the answers; exploring faith starts with curiosity about life, meaning, and the world around you.



Resources

- [Faith & Sport](#)
- [Local Churches](#)
- [Recorded Music](#)
- [Small Group Bible Studies](#)
- [Talk to a Chaplain](#)
- [Worship Services](#)
- [Worship Team](#)

GENEROSITY



Acts of generosity and service foster empathy and compassion. This pillar helps students discover personal fulfillment and purpose, build character, and inspire ongoing positive social impact and responsibility, locally and globally.

you
CAN

- Volunteer
 - Donate to charity or other good causes
 - Ask for help when you need it
 - Have active community engagement
 - Join service-oriented organizations or clubs
- Perform random acts of kindness
 - Help a loved one
 - Listen to others when they need to share
 - Be empathic and compassionate to others

You can most certainly get involved in volunteering or donating to charitable organizations, but you can also start with a small act of kindness for a friend, loved one, or even a random person.

be
**GENEROUS
WITH TIME
& KINDNESS**

Generosity can be given in many forms - your time, kindness, or even just by sharing your perspectives and experiences with others. It's purely the act of giving to another that matters.



Resources

[Dance Marathon](#)

[Days of Service](#)

[Hope Forward](#)

[Immersion Trips](#)

[Volunteer Services](#)

[Ways to Give](#)

LIFE PREPARATION



Preparing for life beyond academics involves developing practical skills for digital and financial literacy, career exploration, problem-solving, and independence. This pillar encourages a smooth transition into adulthood and empowers students to manage future responsibilities, tasks, and goals.

you
CAN

- Identify and set priorities
 - Research financial planning
 - Build your resume
 - Practice interview skills
 - Obtain an internship
 - Research career paths
- Job shadow
 - Practice time management
 - Build your network

The first step is to making a decision is gathering information. Write down the goals you have and the questions that come to mind when trying to achieve them. Then, use your resources to find answers.

you can
**PIVOT
ADAPT
TRY AGAIN**

If something isn't the right fit, that's okay. You can pivot, adapt, and try something else. Internships and job shadowing are useful for understanding your calling or career path.



PREPARATION
IS THE KEY



Resources

- [Career Assessments](#)
- [Center for Leadership](#)
- [DiscoverWork](#)
- [Financial Aid](#)
- [Graduate School Resources](#)
- [How-To Guides](#)
- [Internships](#)
- [Interviewing](#)
- [Job Search Process](#)
- [Major Exploration](#)
- [Mentoring](#)
- [Networking](#)
- [Student Employment](#)