

FALL 2026



Surviving isn't the goal...Let's talk about thriving

Think Lab: Week 2

Think Team

Agenda

- Announcements
- What does it mean to be human?
- What to do when everything is awful and you're not okay
- Resources for additional help

What does it mean to be human?

What does it mean to be a successful human?

Human Doing vs Human Being

We often tie our self-worth to our achievements (doing)

You have self-worth just by being

How to Transform to a Human Being

- Accept that you are human
- Define your own success
- Create balance
- Become more flexible
- Laugh often

For more information, see *Psychology Today* article, “[Seven Ways to Change from a Human Doing to a Human Being](#)”

Changing your mindset can be hard.

What about when self-doubt creeps in?

What about when it is hard to keep moving forward?

Think about your process when things get hard.

- When have you felt stuck or cranky?
- How did you recognize it?
- What did you do? What should you have done?

Take a few moments to reflect and make notes.

Discussion

In small groups (3-4 people), share your reflections of

- when you were stuck or cranky,
- how you recognized it, and
- what you did (or should have done) to get unstuck

Let's recap and fill in the gaps

First Step:

Recognize When You're Not Okay

- It can be hard to recognize when you are not thriving
- Thriving is more than completing your todo list
- Thriving includes:
 - being willing to do your work
 - being happy to eat
 - being excited to pursue interests

Second Step: Get Going Again

- You first need to make sure you are ready to re-join work, activities, etc
- So, begin with your basic needs and work your way up



Third Step:

Determine Needed Additional Help

- Sleep does not solve all problems!
- Sometimes it is more serious

Let's go through some ways to get additional help

Everything is Awful and I'm Not Okay: questions to ask before giving up

From [Eponis | Sinope](#) blog post. [One-page pdf](#)

Resources for Additional Help

Food Security

- [ATX Food Hub](#)
- [UT Outpost](#)
- [CNS Satellite Food Pantry](#)
- [UTurn - Satellite UT Outpost \(COLA\)](#) [for
COLACS-others remove]

Physical and Mental Health

- [Healthy Horns](#)
- [CNS Care Counselors](#)
- [timelycare UT App](#)

Wellness

- [CNS Wellness Center](#)
- [Humanitas Student Well-Being Collective](#)
[COLA+CS only]

Exercise and Movement

- Gregory Gym
- [Texercise](#)
- [Walk Waller Creek](#)
- [Scenic Walks](#) around Campus

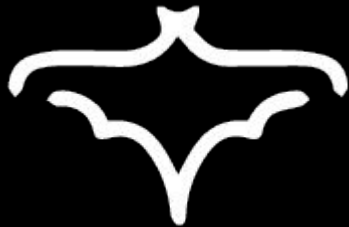
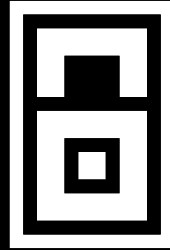
Financial

- Emergency funds at UT and CNS (and COLA) levels (cover different options)
- Scholarships from COLA, CNS, and UTCS (merit and need)

Community

- Find the people you connect with.
 - Student Orgs
 - Spiritual, Discipline (major), Interests (hobbies)
- Do not isolate, even if you just move your studying into a public space where others are studying

UTCS Student Orgs



Academics

- [University Writing Center](#)
- [D&A office](#): both ongoing and situational
- Health Professions Office and Peer Mentors
 - for pre-med
- UTCS-specific resources will be discussed over the next two weeks (ask us in the meantime!)

Speaking of Academics...

Grades and You

- Can be a source of anxiety
- Particularly when they feel unfair

Being ready to have conversations about them is important

Remember...

“A grade is a snapshot of work, in a moment in time, based on a set of prescribed requirements. An undesirable grades doesn’t label your abilities as a person or your possibilities for success.”

-Ellen Bremen in *Say This Not That*

Handle Your Problems

- You have to be ready to have conversations
- You have to ask for help
- Your faculty and course staff are ready to help
 - We know it's awkward. We know you may not pick the right words. Come talk to us.

Where do you begin?

- Read chapters 1 and 2 of the textbook!
- They will provide the roadmap and words for navigating these situations.

Thank you!

See you in big lecture next week!