

FALL 2025



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

Think Lab: Week 4

Think Team

Agenda

- Announcements
- CS Spotlight: Chris Rossbach
- What does it mean to be human?
- What to do when everything is awful and you're not okay
- Resources for Additional Help

Announcements

- Watch Announcement Video on Ed.
- If you need to revise and resubmit do that within the next week.
 - Attendance
 - BL1, BL2, DS1
 - Assignments
 - Beginning of Semester
 - Student Org

CS Spotlight:

Chris Rossbach
Systems



What does it mean to be human?



Human Doing vs Human Being

- Often we find that we create self-worth by doing
- You have self-worth just by being

How to Transform to a Human Being

- Accept that you are human: no one is perfect
- Redefine success: for example, effort may be success
- Create balance: having more areas in your life gives you more room to succeed
- Become more flexible: be open to opportunity
- Lighten up: Laughter and good humor bring happiness

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

These can be easier said than done,
so let's talk more specifically...

Starting with what you think :)

Activity - Reflect

- Think of a time when you felt stuck or were feeling cranky.
- What did you do? What could you have done differently?

Take a few moments to reflect and make notes on your activity sheet.

Activity - Discuss

- In small groups (3-4 people), share your reflections of
 - when you were stuck,
 - how you recognized it, and
 - what you did to get unstuck

Activity - Share Out

- From each group, briefly share what each of you discussed.

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

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

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

Aspects of Well-Being

- Eating
- Sleeping
- Exercise and Movement
- Community and Social Support
- Health—Physical and Mental
- Financial security

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

Resources for Additional Help

Food Security

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

Sleep

- Sleep is for the **STRONG**!
- Get enough sleep
- If your brain is tired you will not be able think

Exercise and Movement

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

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

Wellness

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

Physical and Mental Health

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

Academics

- Most were covered last week
- [University Writing Center](#)
- [D&A office](#): both ongoing and situational
- Health Professions Office and Peer Mentors
 - for pre-med

Financial

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

One Final Note:

The Well-Being of Your Course Staff

Please respect their boundaries!

- Office hours are important and useful, but TAs and professors should not be assumed to be available outside of that.
- Do not contact them via means not listed in the syllabus
- Your TAs/Professors may have multiple roles, e.g. your TA may also be your RA. Your professor may also be your coach. Allow them to maintain separation in their roles.

Thank you!

See you next week!