

# fresh check week



SEPT. 3 – SEPT. 11, 2020

a Mental Health Check-in with **interactive virtual activities and prizes**

9/3-9/10

**100 Reasons Why** - Create a Tree of Life. Write down your reason to stay alive and submit a picture on social media, using the hashtag **#freshcheckdayFSU**. Your submission will be transformed into a leaf on a tree. The tree will be revealed on [counseling.fsu.edu](http://counseling.fsu.edu) on Friday, Sept. 11.

9/8  
11AM-12PM

**Care the Noles C.A.R.E. Way** for FSU Students

9/9  
11AM-12PM

Be one of the **9 out of 10** with RENEW & Associate VP Angela Chong for FSU Students

9/10  
1PM-2PM

**Uplift** - Learn how to make a **DIY Coping Box** for FSU Students  
For a list of materials, visit [counseling.fsu.edu](http://counseling.fsu.edu) or the University Counseling Center Facebook page.

9/11  
2PM-3PM

**Care the Noles C.A.R.E. Way** for FSU Faculty and Staff




learn more and join us virtually at:  
[counseling.fsu.edu/campus-events](http://counseling.fsu.edu/campus-events)



@FSUCounseling

  
**freshcheckday**<sup>®</sup>  
checkin'-in with college students  
A program of the Jordan Porco Foundation  
[jordanporcofoundation.org](http://jordanporcofoundation.org)

  
**Noles C.A.R.E.**  
JUST ASK. YOU CAN MAKE A DIFFERENCE.  
Suicide Prevention at Florida State University

  
**RENEW**

  
**UNIVERSITY COUNSELING CENTER**  
at Florida State University