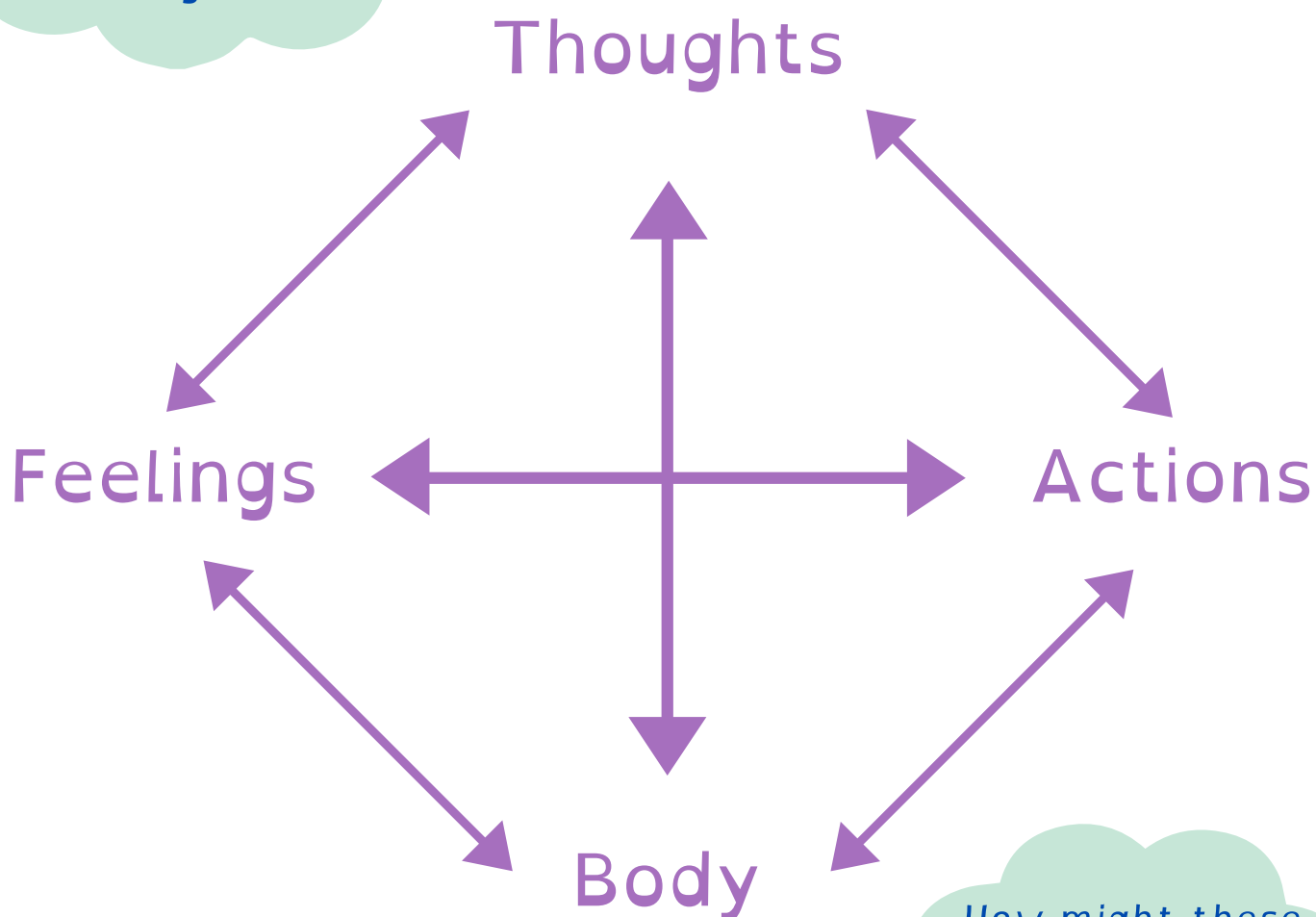


9: It's ALL Connected!

How we think affects how we feel (emotions), what we feel in our bodies, and what we do

What are your thoughts, feelings / emotions and body sensations about going to college?



How might these affect what you do / how you act? What might you do differently?

10: It's ALL Connected!

Write in any thoughts, feelings, body sensations and actions relating to going to college

