

Bringing It All Together: Live Meaningfully

This term, like any period of time in our lives, will bring many new lived experiences. Some will be challenging and difficult and others may be fulfilling and rewarding. Almost all of these experiences, no matter how tough, will provide us with opportunities to know ourselves more fully, and can help us grow into the people we aspire to be in the world.

Perhaps the most unique opportunity of this term may be the chance to step back from the busy-ness that often characterizes the Dartmouth experience. Your inability to maintain your regular activities and plans for the next ten weeks offers a chance to reconnect with your motivations, hopes, and aspirations in a manner that can deepen your sense of meaning.



As you reflect on these parts of your life, you can clarify your sense of purpose by [exploring your values](#) or [identifying your character strengths](#). Applying your results back to the academic,

social, and professional commitments you're making can help you align your life with the things that matter most to you.

Want to explore meaning even further? Check out [this talk](#), or [this one](#); [take a quiz](#) to explore your primary source(s) of meaning for you, or [schedule a wellness check-in](#) at the Student Wellness Center to talk about life with one of our staff members! However you choose to engage us, please know we're here for you.

