

Bringing It All Together: Live Meaningfully

This academic year, 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.

Our hope is that as you engage with all of the elements that make up your Dartmouth experience, you'll also make space in your life to connect 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? Try these [research-based practices](#) that can help life feel more meaningful. 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.

