



**Student  
Emotional Wellness  
High School Preparation Resources**

**Articles:**

- [Summer To-Do List for High School Freshmen](#)
- [5 Tips for Incoming High School Freshmen](#)
- [Berkeley Self-Care Tips](#)
- [Positive Thoughts and Affirmations](#)

**Books:**

- [Do Hard Things: The Teenage Rebellion](#)
- [What Color is Your Parachute?](#)
- [The Success Principles for Teens](#)
- [The Ultimate Self-Esteem Workbook for Teens](#)
- [A Mindfulness Journal for Teens](#)

**Courses:**

- [UNC Mindfulness Compassion Course for Teens](#)