

# 11 Managing Your Health, Emotions, and Relationships in a Diverse World

**PRE-READING ACTIVITY:** By now you know that college is demanding. Successful students are the ones who remain healthy, manage their emotions, and build relationships in a diverse environment. This chapter covers all these topics with the goal of helping you understand how they are connected. List some challenges you have already encountered in each of these areas, and how you overcame each challenge.

