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Submit a thought about our handbook. https://forms.gle/a0PLZfoTb4AGpjGP6	Finish mental health modules.	Earn an A (or improve one letter. Grade) in a current class.	Submit a song that inspires you.	Email a note of appreciation for a Clark staff member.
Go for a 30 min. walk.	Send a letter to someone in the mail.	Cook something healthy.	Organize a space.	Submit a motivational quote.
Take a day off from social media.	Drink a tall glass of water.	FREE	Know who your IRSC advisor is.	Use your camera in a live class session.
Return all of your textbooks before May 21 (except summer, of course)	Make a donation to the pet supply drive.	Set up an appointment for Fall scheduling (when available).	Make some art!	Snap a photo of your pet or any animal.
Say something KIND to yourself or someone else.	Sing out loud!	Read something NOT ONLINE just for fun!	Meditate for 10 minutes.	Tell someone you love them.

Your name: