Helping students help themselves during transformative transitions in higher education.

- **Total Anxiety Scores (AMAS-C)**
  - Avg AMAS-C: 59.77, 54.57

- **Total Self Concept Scores (TSCS-2)**
  - Avg TSCS-2: 37.51, 42.26

- **Self-Selected Goals**
  - Avg Total, Avg Self Care, Avg Social, Avg Academic

- **Physiological Indicators**
  - Slow, deep abdominal breaths
  - Heart rate varies with breathing
  - Dry paw sweat glands
  - Warm skin temperature