



Academic
Take the time to examine your personal values and choose the direction of your studies in line with what you want to contribute to society. This will help you stay motivated to keep up with your studies and day-to-day tasks.

Financial
Deciding and planning out the financial resources you require – and sticking to your budget – will help reduce stress while you’re studying.

Environnemental
For some of you, coming to EPFL also meant moving to a new country, discovering a different culture or learning to live alone. This is a whole new stage in your life. Learning to face these challenges and be comfortable with your surroundings will contribute to your academic success.

Emotional
Emotional balance is important to health in general, not to mention your studies and social life. Achieving it means managing stress and anxiety, staying on top of school work, taking time for yourself, and so on.

Intellectual
Expand your knowledge, be creative, satisfy your curiosity about new subjects, learn how to plan out and organize your schedule, and work in a regular manner: these are the keys to success.

Physical
Every day, make sure you’ve set aside time for yourself in addition to your studies. Get up and move, exercise, eat healthy, meet your body’s sleep needs, and don’t forget to relax and enjoy life.

Social
Developing and maintaining a network of friends is a key part of well-being. Our social ties let us share good times and are a source of support when we need it most.