



[you.umn.edu](https://you.umn.edu)



UNIVERSITY OF MINNESOTA MORRIS

# YOU@UMN

YOU@UMN is a personalized digital platform connecting you to online tools and campus resources to help support your goals to succeed, thrive and matter at the University of Minnesota Morris. The innovative digital tool promotes self-reflection, allowing you to be more proactive with your health and well-being and make the most of your college experience.

YOU@UMN is built to align with on-campus health and wellness programs and resources and is divided into three main categories.

**Succeed**—academic success and career preparedness

**Thrive**—physical and mental health

**Matter**—sense of purpose and connection to campus

The tool works as a compass, pointing you to programs, people, and other support resources available on campus. It will help you identify your goals and guide you to resources—like the best person to ask about internships and research opportunities, or the office that can help you write a stellar resume.

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Log in with your UMN Morris username and password.