

BYU Women's Services & Resources

MARRIAGE PREPARATION

Many factors can predict future marital satisfaction, such as individual traits (personality traits, mental health, attitudes, beliefs), couple traits (communication and conflict resolution skill, and degree of acquaintance), and personal and relationship contexts (family background characteristics). While it may take time and maturity to better understand and develop these traits, there are many resources available to better prepare for marriage.



MARRIED HOUSING

Housing for married couples is usually very competitive. It takes many couples a lot of time and effort to find housing that is both affordable and satisfactory. Here are some general tips when looking for housing:

- The two on-campus options include Wymount Terrace and Wyview park. These are close-by options that are affordable, but they usually have long waitlists.
- Online and social platforms can be a good resource to use with discretion.
- Word of mouth, asking friends, and expressing your need

NAME CHANGE

If and when you want to change your name is a decision to make with your spouse. If you decide that you do want to change your name, anticipate spending \$100-300 on various fees that will be included in replacing important documents that will need to be changed. This includes: social security card, driver's license, passport, and earned certificates. It also will take a bit of time and effort, as doing a comprehensive name change will include banks, doctors, voter's registration, employers, subscriptions, and many other accounts.

OB-GYNs

OB-GYNs are doctors who specialize in women's reproductive health, including family planning, birth control, and female pelvic medicine. Look within your network to find an OB-GYN who is covered by your insurance. Most women are recommended to get a pelvic exam before they become sexually active, or when they turn 21. It is encouraged to find an OB-GYN who will be attentive and compassionate with your needs.

RELATIONSHIP HEALTH

CAPS Individual and Couples Counseling
caps.byu.edu/services

BYU Comprehensive Clinic Individual/Couples Counseling and Relationship Checkups
comprehensiveclinic.byu.edu

Relate Questionnaire helps couples evaluate the 10 major areas of their "relationship wellness". This assessment does cost money, however, if you use your BYU email they may send you a coupon code to cover the cost.
relatefoundation.com/couples

CLASSES AND WORKSHOPS

SFL 376: Healthy Sexuality in Marriage
SFL 223: Preparation for Marriage
SFL 224: Marriage Enhancement
SFL 160: Introduction to Family Processes
SFL 200: The Eternal Family
REL C 200: The Eternal Family
SFL 205: Home and Family Living
SFL 260: Family Finance

CAPS 10-week Premarital Workshop
caps.byu.edu/premarital-workshop

Student Health Center 2 Hour Premarital Classes
health.byu.edu/premarital-classes

RESOURCES

BYU Financial Fitness Center
financialplan.byu.edu/getting-married

BYU Enrollment Services Getting Married Checklist
[enrollment.byu.edu/checklists.getting-married](http://enrollment.byu.edu/checklists/getting-married)

FAFSA and Financial Aid
studentaid.gov/h/apply-for-aid/fafsa

The Gottman Institute
gottman.com

The Seven Principles for Making Marriage Work
John M. Gottman, PhD

And They Were Not Ashamed
Laura M. Brotherson, CFLE

Between Husband & Wife
Stephen E. Lamb

Love is a Choice
Lynn G. Robbins

Small Things Often Podcast
The Gottman Institute

Live Your Why Podcast
Tammy Hill, LMFT

How Do I Love Thee?
Jeffrey R. Holland

Nurturing Marriage
Russell M. Nelson

A Marriage that Endures
Gordon B. Hinckley

"As I Have Loved You"
Jason S. Carroll

wsr.byu.edu

3326 Wilkinson
Student Center
(801) 422-4877
wsr@byu.edu



@byuwsr



facebook.com/byu.wsr