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
- 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