

# WELLNESS CONNECTION

*Your health, your well-being, our priority!*



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WELLNESS CONNECTION

## LETTER FROM MAK

Dear Reader,

February is home to some important events: Black History Month, Mental Well-Being Awareness Week, and the S&T Career Fair.

You may be wondering, how do these three topics connect? One common denominator we see is stress, often from situations out of our control (effects of systemic racism, mental health concerns, employment opportunities available, and many more).

80% of Missouri S&T students feel they can go to a friend on-campus when personal concerns arise\*. Being prepared whenever somebody does come to you is of utmost importance. Personal concerns come from many varying factors; some of those factors we may not fully understand. And that's okay! When those kinds of factors arise, it's important to be empathetic, and remember that our worldview is often very different from others.

In February, we are focusing on supporting ourselves and friends in times of need and remembering that while we can't control the situations we face, we *can* control how we prepare and act.

With warm regards,  
Mak the Mole (and *The Miner Wellness Office*)

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# BOOST YOUR WELL-BEING



## How to Better Support Your Friends in Times of Need

by Laura Woods-Buchanan, Miner Wellness Staff

It's no surprise that S&T students report high amounts of stress due to rigorous academics and other personal factors, but in the 2020 spring semester, COVID-19 only amplified these concerns. In fact, 68% of students reported having higher amounts of stress than they did before, due to academic changes (77% reported), future plans (57%), and simply existing in a global pandemic (47%)\*\*.

When dealing with a pandemic on top of other personal concerns, students are looking to their friends for support- 80% of students turn to their friends when personal concerns arise\*, significantly higher than other outlets. Knowing this, where can we go from here?

It's important to be ready to support a friend in times of need, especially when those times can cause serious mental health concerns. Check out the following quick tips that Miner Wellness suggests to help you be more supportive and effective when a friend reaches out to you with personal concerns.

### BE EMPATHETIC AND LISTEN:

The most important step is to make sure that your friend feels heard and understood. Make sure to listen with an empathetic ear and keep judgements to yourself. Let them know that you see them and hear their concerns, and that you are there to help.

### "ARE YOU WANTING SUPPORT OR ADVICE?":

When a friend is coming to you with a problem, it is important to understand their intentions before responding. If they are simply wanting to vent, it can be harmful if you start giving them advice. After hearing what they have to say, ask if they are wanting you to help or just to simply listen. Make sure to respect their decision after they say which they are wanting.

### CHECK IN FREQUENTLY AND KNOW YOUR LIMITS:

After the initial conversation, try to be a continual support for your friend, if that is their desire. Even if the check-in is short, it's nice to show friends that you are there to listen and help as needed. Although don't be afraid to set boundaries. If their concerns begin to feel like more than you can handle, that's okay! Encourage or help them to find a more appropriate outlet to talk, such as Counseling Services ([counsel@mst.edu](mailto:counsel@mst.edu)).

\*2020 Missouri Assessment of College Health Behaviors

\*\*2020 Students' Well-Being Survey

# WELL-BEING QUICK TIPS



## Career Readiness

With the Career Fair this month, it's important to understand what potential employers are looking for in a career-ready graduate. The National Association of Colleges and Employers (NACE) have defined these eight competencies that demonstrate a student is career-ready:

- Critical Thinking/Problem Solving: Make decisions, use sound reasoning to analyze issues, and overcome problems.
- Oral/Written Communication: Articulate thoughts and ideas clearly and effectively in written and oral forms, with proficient public speaking skills.
- Teamwork/Collaboration: Build collaborative relationships with colleagues and customers, ability to work within a team, and negotiate and manage conflict.
- Digital Technology Use/Adaptability: Use existing technologies ethically and efficiently to solve problems, complete tasks, and accomplish goals.
- Leadership: Use the strengths of others to achieve common goals, and use interpersonal skills to coach and develop others.
- Professionalism/Work Ethic: Demonstrate personal accountability and effective work habits.
- Career Management: Identify and articulate one's skills, strengths, knowledge, and experiences relevant to their position and career goals.
- Global/Intercultural Fluency: Value, respect, and learn from diverse cultures, races, ages, genders, sexual orientations, and religions.

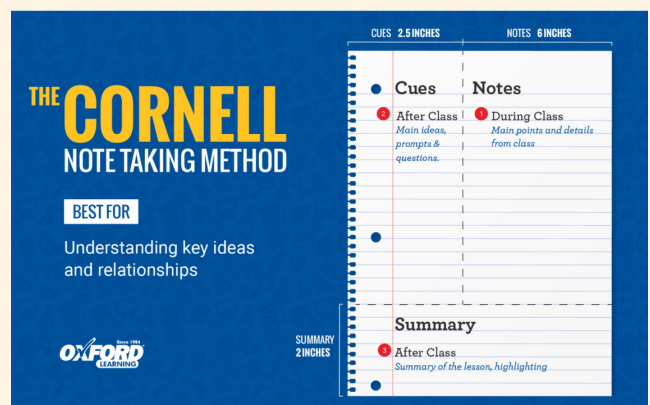
Learn more: [naceweb.org/career-readiness](http://naceweb.org/career-readiness)  
[career.mst.edu](http://career.mst.edu)

## Note Taking

Have you ever struggled with knowing what to write down in a lecture, or you look back at your notes later only to realize they aren't useful?

Learning how to effectively take notes has many in-class and post-class benefits. In-class, effective note taking improves your focus, active listening, comprehension, and retention. Outside of the classroom, it will help you better prepare you for exams and save time and effort trying to find useful notes while studying. According to Bloom's Taxonomy, before you can apply, analyze, evaluate, or create new ideas within a concept, you must first be able to fully remember and understand the concepts. Effective note taking will help you remember and understand concepts learned in class, so you can build from a solid foundation of knowledge. Try these tips (from UNC):

- Pick a note-taking structure that works for you and use it consistently (such as The Cornell Method, pictured below. Find more methods [here](#)).
- Try using a system of abbreviations to lessen writing time (it is important to keep an "index" of these and to use consistently as to not get confused).
- Look over the lecture before class if possible to prepare notes and be made aware of key topics.
- Learn what is valuable content to write down; you don't need to write every word the professor says.
- Try recording in-person lectures with a recorder or app to listen again later if it's hard to keep up.
- Write a list of questions in a separate place from notes to look up or seek help with later (make sure to note which lecture/topic questions are coming from).



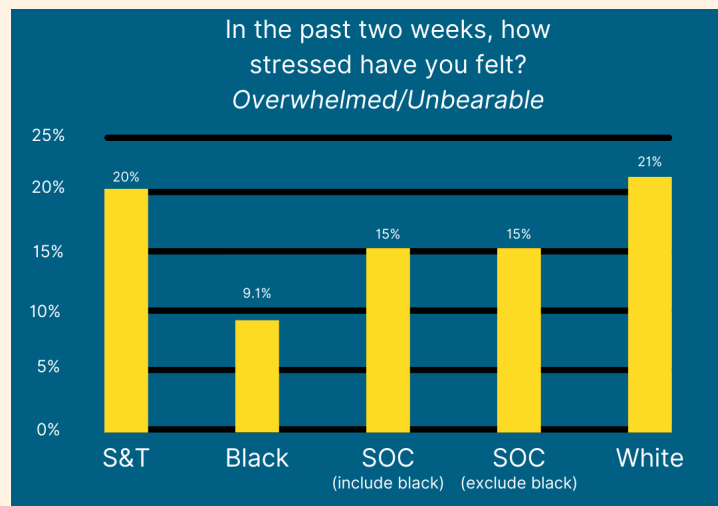
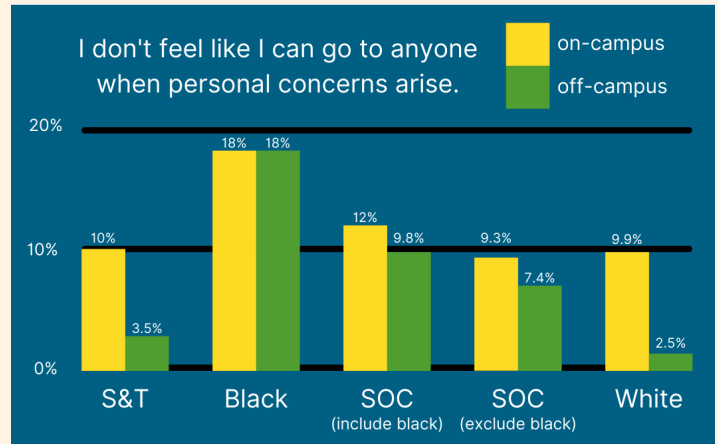
# DATA BRIEF

## Stress and Other Mental Health Concerns

*From Dr. Minor, Director of Student Health Services*

In the month of February, we sit at the crossroads of Black History Month and Mental Well-Being Awareness Week. Since we are a campus that is predominantly white, it is more important to consider racial disparities regarding access and utilization of health care as we address social crises facing our country as a whole and as you begin to take charge of your physical and mental health as college students.

Data from the 2020 Missouri Assessment of College Health Behaviors (MACHB) survey shows that, on average, black students at S&T do not feel that they can go to anyone on or off-campus for their personal concerns, which is less common in students of other races. Perhaps one explanation could be that black students don't feel the need to reach out to others for help, as the percentage of black students who report feeling overwhelmed or unbearable stress levels is less than half that of the general S&T population. Or perhaps they are less likely to report feeling overwhelmed or unbearable stress because they don't feel they have the same access to resources or would not be heard. Regardless of the reason, the MACHB also revealed that black students at S&T more commonly use marijuana and alcohol to relieve stress, perhaps self-medicating. The results of the 2020 MACHB demonstrate a racial disparity in stress levels, comfort in accessing resources, and self-medication practices at S&T. (continued on next page)



# DATA BRIEF

## Stress and Other Mental Health Concerns

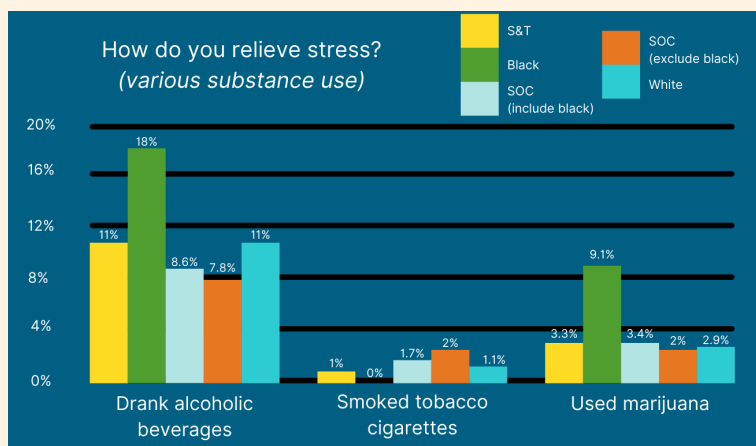
### (continued)

From Dr. Minor, Director of Student Health Services

Various scientific studies show the ages of onset of different mental disorders occur at some point during late adolescence and young adulthood, which is essentially during the college time period. Take, for example, the median and inter-quartile ranges (IQR, 25th to 75th percentile) of age of onset of several common conditions (Curr Opin Psychiatry. 2007 July): anxiety (median 25-53, IQR 15-75), mood disorders (25-45, IQR 17-65), and substance disorders (18-29, IQR: 16-43). Studies also show that earlier onset of mental health conditions is associated with greater severity & persistence of the disorder and failed treatment response.

While the age of onset of many of these common mental disorders occurs as young adults, treatment, on average, begins 11 years later, which is plenty of time to create disarray and chaos in one's life. There are various reasons to explain the delayed treatment, whether denial or failure to recognize early symptoms, self-medicating with substance abuse, social pressure, or poor access to care. The sooner we can recognize and accept mental health conditions, the better we can promote our best health and lives.

As college students, you are learning to socialize in a community as well as take control of your health needs. I encourage all of you to take care of your own physical and emotional health needs by exercising regularly, respecting and promoting quality sleep, finding healthy forms of stress relief, establishing a primary care doctor, and trying to recognize your emotional health needs. And while you manage your own needs, don't forget to recognize the needs of your friends and peers as you transition into independence as adults. Between services offered at Miner Wellness, Counseling Services, Care Management, and Student Health Services, you are in an ideal place to begin this transition of self-care here at S&T as we also attempt to address racial disparities on campus.



## FEATURED RESOURCES



### Student Diversity Initiatives

The mission of the SDI office is to foster diversity and inclusion in the Missouri S&T community by providing a welcoming climate for all students. Through programs and partnerships, Student Diversity Initiatives supports diversity-related programming and promotes awareness about female, multicultural, & LGBTQA related issues, and offers support for first generation and low-income students. SDI helps foster an academic and professional environment that supports the students of Missouri S&T and strengthens the campus community.

At the SDI house, you will have access to a computer lab, study spaces, meeting room, kitchen, and a central gathering place in a safe and inclusive environment. We foster social and cultural development through community spaces, event management, and collaborative relationships, while creating a lasting positive impression.

SDI is doing a lot of great events and activities during February for Black History Month. Check those out [here](#).

*Get in touch with SDI:*

[sdi.mst.edu](http://sdi.mst.edu)

573.341.7286

[sdi@mst.edu](mailto:sdi@mst.edu)

605 West 11th Street

### [wellbeing.mst.edu](http://wellbeing.mst.edu)

Maintaining your health and well-being is crucial to your academic success; at Missouri S&T we are here to help you every step of the way through our health and wellness programs and support services. As Miners, we support each other.

The [wellbeing.mst.edu](http://wellbeing.mst.edu) website is a central hub for Student Health, Counseling Services, Miner Wellness, Care Management, Disability Support Services, and Student Recreation. The website is also home to the JED Campus Initiatives committee page.

If you're unsure where to turn or go with an issue, our [Well-Being Quick Reference Guide](#) can help. It guides you to the right contact for a variety of concerns, including personal issues, concerning behavior, academic issues, mental health issues, and medical issues.

It also includes a link to each department's faculty champions, which are faculty that are trained in how to aid students and other staff on mental well-being resources.



## FEATURED RESOURCES



### UCARE

Missouri S&T's University Committee for Assistance, Response, and Evaluation (UCARE) was formed to address the need for greater communication and preparedness regarding students facing difficulty through prevention and intervention strategies. Often times, multiple people have small bits of information, but no one person has all of the pieces. UCARE works to connect the pieces of the puzzle to identify needs and students who are at risk. This allows for early intervention, prevention, and support. Members of the campus community are encouraged to make a UCARE referral when they are concerned about a student, regardless of how insignificant the concern may seem. UCARE is also available for consultation. By using a multidisciplinary approach, UCARE supports student success, persistence to graduation, and helps promote a safe and healthy campus community.

*Get in touch with UCARE:*

[stuaff.mst.edu/ucare](http://stuaff.mst.edu/ucare)

573.341.4209

[ucare@mst.edu](mailto:ucare@mst.edu)

107 Norwood Hall

## International Student Organizations

Missouri S&T is home to more than 200 student organizations, including several international student clubs. Student organizations are a great way for international students, especially new students, to make new friends, connect with current S&T students, and get advice regarding on-campus activities, academics, housing, transportation, and transitioning to life in Rolla.

Current international student organizations include: African Student Association, Bangladeshi Student Association, Chinese Student and Scholar Association, India Association, International Student Club, Iranian Student Association, Iraqi Student Association, Libyan Student Association, Pakistani Student Association, Saudi Student Association, and Turkish Student Association.

To learn more about these  
(and other S&T clubs), go to

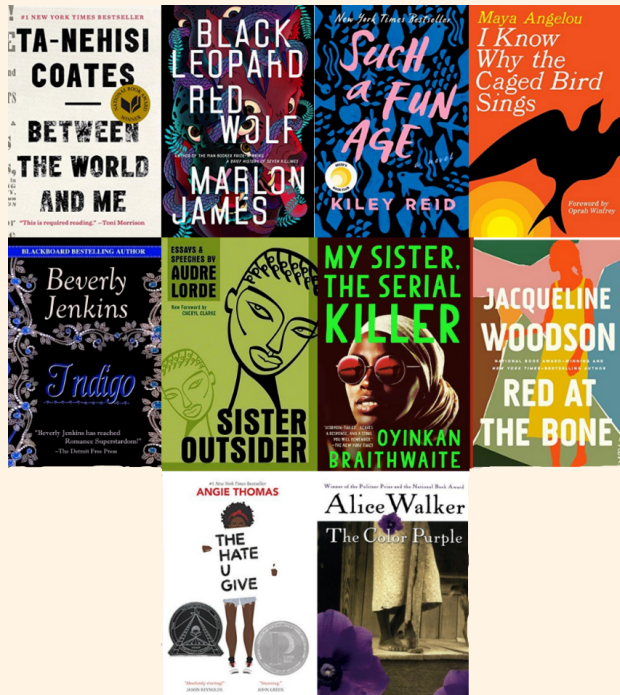
[involvement.mst.edu/organizations/stuorgsites](http://involvement.mst.edu/organizations/stuorgsites)

MISSOURI  
S&T

International Affairs

# MINDFUL MOMENT

## Books by Black Authors




During Black History Month, we'd like to showcase noteworthy works from Black authors. This list is just a drop in the sea of possible books, but hopefully you find something that catches your interest:


- Between the World and Me* by Ta-Nehisi Coates (non-fiction)
- Black Leopard, Red Wolf* by Marlon James (historical fantasy)
- Such a Fun Age* by Kiley Reid (coming-of-age)
- I Know Why the Caged Bird Sings* by Maya Angelou (memoir)
- Indigo* by Beverly Jenkins (romance)
- Sister Outsider* by Audre Lorde (essays)
- My Sister, the Serial Killer* by Oyinkan Braithwaite (thriller)
- Red at the Bone* by Jacqueline Woodson (family)
- The Hate U Give* by Angie Thomas (young adult)
- The Color Purple* by Alice Walker (classics)


*From Oprah Magazine*


## GET IN TOUCH

 [minerwellness@mst.edu](mailto:minerwellness@mst.edu)

 (573).341.4225

 [@sandtminerwellness](https://www.instagram.com/sandtminerwellness)

 [@sandtminerwellness](https://www.facebook.com/sandtminerwellness)

 [@sandtwellbeing](https://twitter.com/sandtwellbeing)

## THIS MONTH'S EVENTS

Have an event you want featured? Submit to [minerwellness@mst.edu](mailto:minerwellness@mst.edu)  
Go to [minerwellness.mst.edu](http://minerwellness.mst.edu) for a list of up-to-date events!

February 22-26: Mental Well-Being Awareness Week

February 15-March 1: MACHB Survey

February 16: Career Fair

February 17: STEP UP! for Mental Well-Being Lunch and Learn

Want to be featured in our new section, Student Spotlight?

Submit original content, such as a personal piece, poem, short story, photographs, recipe, or other form of content to [minerwellness@mst.edu](mailto:minerwellness@mst.edu). Content must be submitted as a Microsoft Word document or Google doc, no longer than 1000 words. Content may be edited for clarity and length. Pictures must be submitted as a JPEG or PNG. All submissions must follow University policy. All submitted content will be used at the discretion of Miner Wellness. Content can be published credited to you or anonymously, whichever you prefer.