

# WELLNESS CONNECTION

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



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## LETTER FROM MAK

Dear Reader,

Welcome to all students who are returning to campus or arriving for the first time! We are so thrilled to have you here and help support your health and well-being during your time at Missouri S&T.

Did you know that 90% of S&T students believe that they are competent and capable in the activities that are important to them? While we might not always feel this way in our daily life, it's important to remember that when you are feeling less-than-sure of yourself, we have your back - not only our department, but many other resources across campus too, some of which are featured here.

Each month, you'll receive a new newsletter to your S&T email. If you have any topics you'd like us to include (such as a fun recipe/craft, personal piece, story or poem, any events occurring soon, or a resource you value), please reach out to our office (contact information is listed on the last page of this newsletter). All of our newsletters will be stored on our website at [wellbeing.mst.edu/self-education/monthlypublications/](https://wellbeing.mst.edu/self-education/monthlypublications/). We hope you enjoy this publication, and learn a little along the way, too.

With warm regards,

Mak the Mole (and *The Student Well-Being Office*)

\*\*2021 Missouri Assessment of College Health Behaviors

# BOOST YOUR WELL-BEING



## Miner Well-Being Certification Program

Do you want to increase your happiness, resilience, and well-being? Are you looking for a more well-rounded college experience that prepares you for your future? If so, participate in the Miner Well-Being Certification Program.

The Miner Well-Being Certification Program is semester-long and connects you to the services, initiatives, and ideas to assist with your development of a holistic, well-rounded, thriving life. The program focuses on five areas of wellness outlined in Gallup's Five Essential Elements of Well-Being: Career, Social, Financial, Physical & Mental, and Community.

Upon completion of the program, you will receive a certificate of completion, a recommendation letter from the Student Well-Being Director, and a paperweight from the campus Hot Glass Shop.

To complete the Miner Well-Being Certification, you must complete a pre-assessment, a post-assessment, and at least three activities for each area of wellness. Some of the activities are events that you may need to register or prepare for separately from this certification and some you will complete on your own.

Each assignment page lists the possible activities that you can complete for that section. After you have completed an activity, you must write a short reflection that indicates the activity you did and the date completed. If applicable, you should also include who you did the activity with and add a picture.

Completed activities for each element will be reviewed by the Student Well-Being team and can be rejected if not applicable. Activities submitted before the completion of the Pre-Certification Self-Assessment will not be valid.

This certification is designed to be completed entirely within one semester - all activities must be completed within the current semester to count. No activities can rollover from previous semesters.

The program is completely free and can be started whenever you choose (we recommend as close to the beginning of the semester as possible to ensure you have enough time for all activities) and there is no penalty for not completing the program.

You can join the *ROLLA-Health and Well-Being* Canvas course by going to 'Courses' > 'All Courses' > 'Browse More Courses' > search for 'Health and Well-Being'

You can also join by clicking [this link](#).

## FEATURED RESOURCES



### Student Well-Being

Over the summer, Miner Wellness and Counseling Services merged departments to become *Student Well-Being!* Services offered by both departments have not changed, including counseling appointments, wellness consultations, support groups, presentations, STEP UP! trainings, and more.

Aside from the new name, the biggest change is our website. [wellbeing.mst.edu](http://wellbeing.mst.edu) is a revamped version of our old sites and includes new sections, including 'Self Education', do-it-yourself screenings and trainings, and a very detailed list of on-campus, off-campus, and online resources.

You can reach Student Well-Being by visiting (204 Norwood Hall), emailing ([wellbeing@mst.edu](mailto:wellbeing@mst.edu)), or calling (573.341.4211) Monday - Friday, 8am - 430pm.

### Student Success Center

The Student Success Center (SSC) can connect you to the campus resources necessary to help you dig deeper and start the semester strong. Stop by for free coffee/tea/hot chocolate, Success Coaching, and/or individualized tutoring. Their Student Success Coaches can also help you create a game plan for the semester and provide tips and strategies on topics such as time management, note taking, study skills, organization, and more.

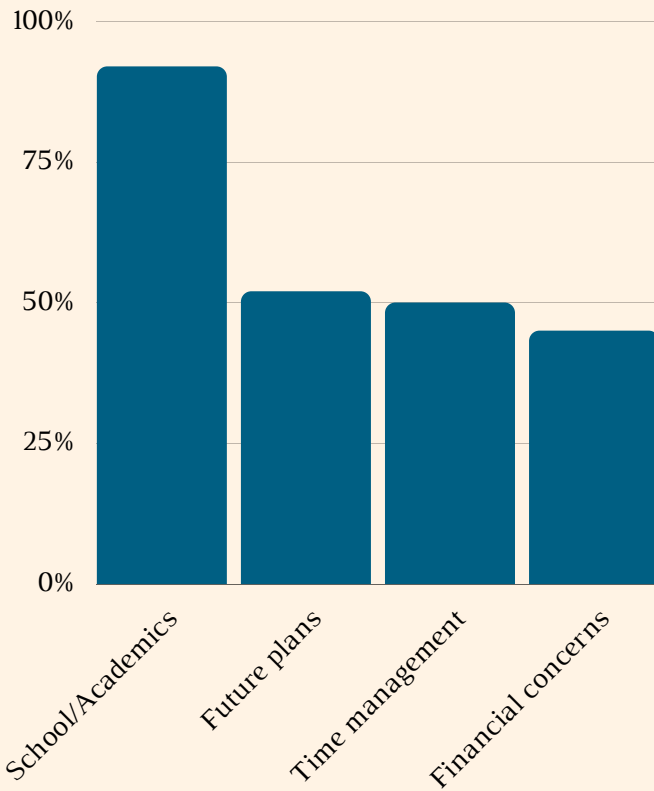
The SSC also provides one-on-one academic assistance through their Tutoring Program. The tutors can walk you through problems and explain concepts without the added pressure that comes with a group setting.

You can get tutoring help with a large variety of classes through the SSC. Check their [tutoring page](#) often to see when sessions are being offered and for what classes.

Tutoring sessions are available in-person at 198 Toomey Hall or through Zoom. You can also contact them at [573.341.7590](tel:573.341.7590) or [success@mst.edu](mailto:success@mst.edu)



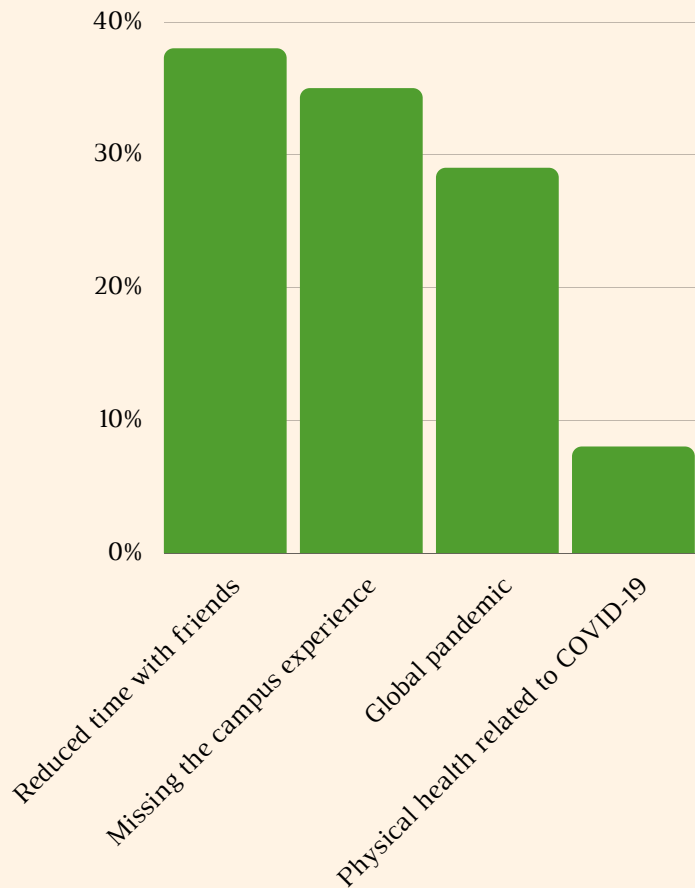
# DATA BRIEF



Between 2016 and 2021, 92% of S&T students reported that school and academics were a main cause of their stress. Student Well-Being's services are available to all students at no extra charge. Student Success Center offers group and individualized tutoring to all students, also at no extra charge. If you are struggling with your classes, there are departments on campus that exist with the sole intent to help you - please reach out if you need it!

In 2021, 38% of S&T students reported that having less time to spend with their friends was a main cause of their stress. In the midst of this pandemic, it's more important than ever to connect with others online.

Although online hangouts are never a replacement for in-person ones, having a sense of normalcy is an important step in reducing our stress levels.



from 2021 Missouri Assessment of College Health Behaviors

## MINDFUL MOMENT

The start of a new semester is always a great time to set up a new organization system! We've rounded up some useful tips to help you get this fall going on the right foot.

### 1. Set up a calendar

Adding your classes, group meetings, and big assignments to a calendar lets you see a high-level overview and plan other activities accordingly. An ideal calendar is something you can have with you at all times, like a physical journal or an app or website available on your phone and computer.

### 2. Organize by class

Using different notebooks and binders or utilizing dividers can help you keep better track of your classes. Making use of Google Drive's folder system is also a great way to ensure you know where every assignment is. Creating Shared Google Drives for class projects is an essential tool. You can create one by clicking on 'Shared drives' at the left-hand side of the Google Drive home screen, and then clicking 'New'. Anything created in these drives are automatically shared with all members!

### 3. Tidy up

Make sure your desk area is free of clutter and has plenty of working room available! It's also a good idea to declutter your computer files so everything is off to a fresh start.



## Organization Tips

*From Student Well-Being Staff*

### 4. Utilize Canvas's 'Coming Up' tool

On the right-hand side of Canvas's home page (while in Card View), there is a section called 'Coming Up'. Upcoming assignments for classes you are enrolled in will be listed here in order of closest due date. You can also change your home page to List View to see every published assignment for the entire semester. You can switch between these views by clicking the three vertical dots at the top right of the page.

### 5. Refer back to the syllabus often

The class syllabus houses all of the most important information, including the professor's office hours & contact info, assignment weighting, big projects, and usually a weekly overview for assignments. Syllabi should be available all semester long in the Canvas course.

This is by no means an exhaustive list of tips to help you keep organized, but it's a start! If you're feeling extra stressed at any point in the semester, don't hesitate to contact [Student Well-Being!](#)



## MINDFUL MOMENT

### Pinwheels



*From Student Well-Being Staff*

Pinwheels are a quick and easy snack that you can make ahead of time to eat whenever. As long as you have flour tortillas, the options are limitless!

Some tasty combinations include:

- Hummus & spinach
- Cheese & guacamole
- Peanut butter & jelly
- Green chiles, cheese, sour cream, cream cheese, & taco seasoning

Just combine and spread your chosen fillings, then roll up in a tortilla, and cut in bite size slices!

Check out more detailed instructions at [cookpad](#).

## GET IN TOUCH



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



[\(573\).341.4211](tel:(573).341.4211)



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



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



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

## THIS MONTH'S EVENTS

Have an event you want featured? Submit to [wellbeing@mst.edu](mailto:wellbeing@mst.edu)

August 23rd: Classes begin

August 25th: [COVID-19 vaccination clinic in Havener](#)

August 31st: [SUB Bingo Night](#)

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Want to be featured in the Student Spotlight section? Submit original content, such as a personal piece, poem, short story, photographs, recipe, or other form of content to [wellbeing@mst.edu](mailto:wellbeing@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 Student Well-Being. Content can be published credited to you or anonymously, whichever you prefer.