



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. The program is housed in the *ROLLA-Health and Well-Being* Canvas course.

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

You can also join by scanning the QR code here:



GET IN TOUCH



wellbeing@mst.edu



@sandtwellbeing



(573).341.4211



Organization Tips

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.

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 and Shared Drives are also a great way to ensure you know where every assignment is.

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.

4. Utilize Canvas's 'Coming Up' tool

Upcoming assignments for classes you are enrolled in will be listed here in order of closest due date.

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.

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THIS MONTH'S HEALTH AND WELL-BEING FEATURED RESOURCES



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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, Student Well-Being has a new website - **wellbeing.mst.edu** includes new sections, including 'Self Education', do-it-yourself screenings and trainings, and a 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), 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.

Tutoring sessions are available in-person at 198 Toomey Hall or through Zoom. You can also contact the SCC at 573.341.7590 or success@mst.edu

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