

WELLNESS CONNECTION

for Faculty

MISSOURI
S&T™

Health and Well-Being
Committee

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LETTER TO THE READER

Dear Faculty,

With the semester coming to a close, we want you to know how much we appreciate your readership and interest in our monthly publications. We hope you have enjoyed the content so far, and would love your feedback. Please take this quick survey (completely anonymous) so we can make our publications better in the fall.

For you as a faculty member, along with many members of our campus community, it has been a demanding academic year; a year with many adjustments and changes in your professional life. We want you to know that with all the roles you may play on campus- educator, mentor, researcher, advisor, leader, committee member, and more- we are grateful to you for keeping our campus moving steadily forward.

We hope that these wellness publications have been an avenue to explore and learn more about mental well-being, and that some of the information has been useful in your classroom and beyond.

We hope you enjoy your summer, and we look forward to sending you our next edition newsletter in August.

Warm Regards,
The Health and Well-Being Committee

WELLNESS OUT OF THE CLASSROOM



How You Can Recharge This Summer

from *Education Week*, edweek.org

While there is a lot of excitement from students with summer just around the corner, oftentimes faculty and staff time off (if we are able to take any) is rushed or not spent as well as we would like.

We aren't as busy with students anymore, but that doesn't mean that the business stops; many take additional courses to further education, teach summer courses, restructure their lesson plans, and so much more. Even with all these ongoing responsibilities, it's important to use the summer to recharge and rejuvenate, whatever that may mean to you. We have featured some techniques that may get you started on that process.

Tackle the three biggest issues in your classroom:

Try to focus on three things you can realistically improve in your courses during the few weeks of summer. Maybe that means updating outdated lectures and presentations, adding in new curriculum or resources, updating your syllabi, or adding to your Canvas courses. Taking small steps to make changes in the classroom will go a long way, and will make you feel more prepared for the fall semester.

Take plenty of time for yourself:

Read that book for fun. Catch up on your favorite show. Try new hobbies. Connect with family and friends. As much as we can primarily focus on student mental well-being, it's important that we are healthy and supported and meeting our own needs.

Focus on your space:

Organizing, cleaning, or even redecorating your office or teaching space can make it seem much more usable and enticing in the fall. The summer is a great transition time to throw away and recycle unnecessary clutter that can take a mental toll on you.

Build joy into your schedule:

If you're a big planner, or always stick to the schedule, try setting in time for the activities that are just for fun. This is an excellent way to promote self care, and is especially beneficial if you find yourself saying "I would do ___ more if I could find the time!".

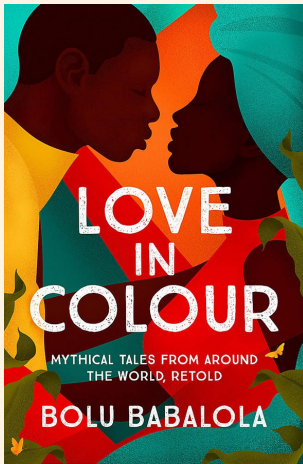
Regardless of what your summer looks like, and what techniques you might try out, we hope that this is the best summer yet.

When we take on more time for ourselves, to relax, to focus on what is manageable and what we enjoy, we bring that positive energy back into the classroom, making the upcoming semester better for you and for your students.

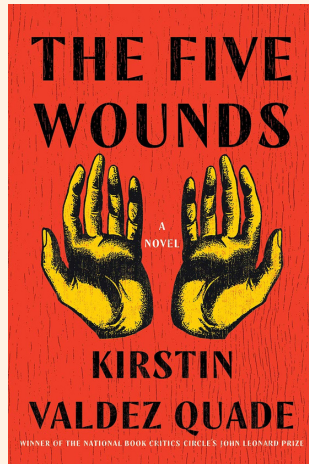
WELLNESS OUT OF THE CLASSROOM

2021's Anticipated New Books to Read this Summer

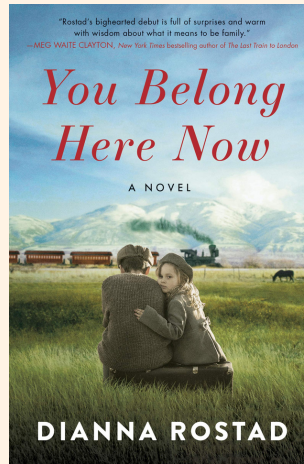
From Barnes and Noble, Good Reads, and Bustle



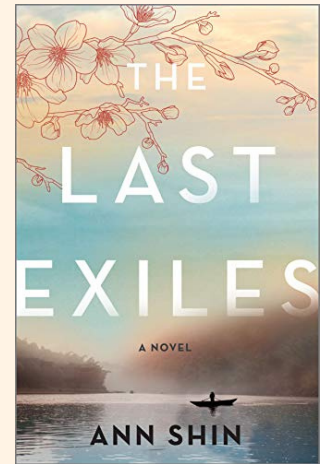
themes: romance, mythology, LGBTQ, cultural: Africa



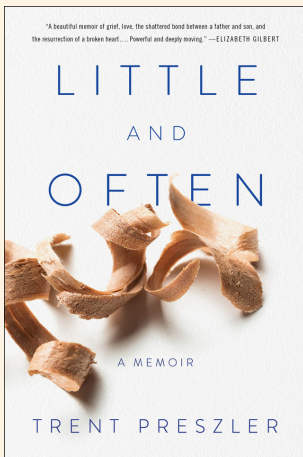
themes: contemporary, family, cultural



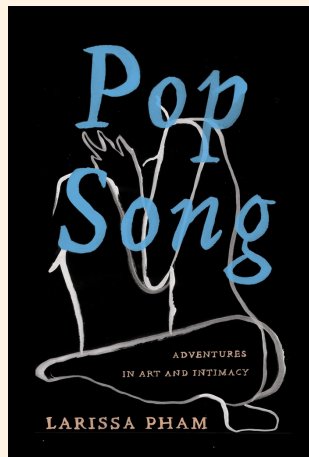
themes: historical fiction, western/ranch life



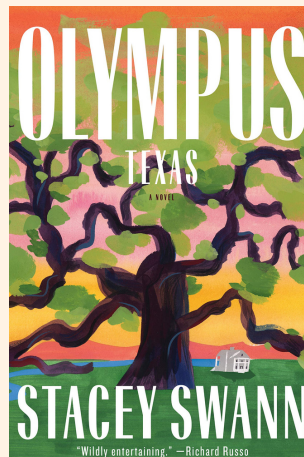
themes: historical fiction, romance, cultural: Asia



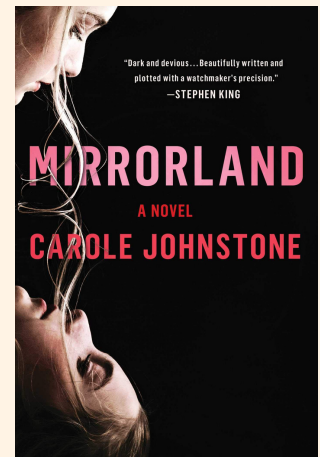
themes: nonfiction, memoir, family, grief



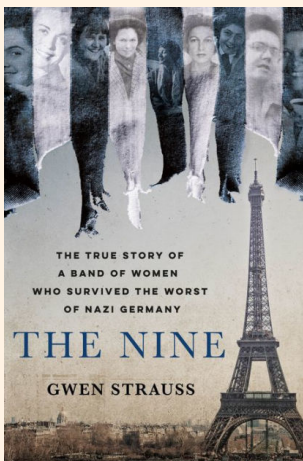
themes: memoir, essays, philosophy, love



themes: family, mystery, allusions to mythology



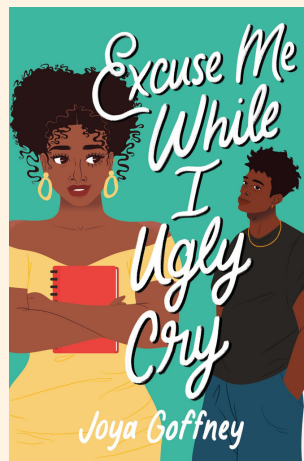
themes: thriller, mystery, suspense, cultural: Scotland



themes: nonfiction, World War II, cultural: Germany



themes: science fiction, mystery, fantasy, thriller



themes: young adult, romance, realistic fiction



themes: young adult, romance, LGBTQ



STEP UP! Trainings

STEP UP!, Missouri S&T's Bystander Intervention Program, is undergoing changes and updates that are valuable to you as a faculty member and a campus community member. What started as just a bystander intervention training for students surrounding sexual assault and harassment, STEP UP! (SU!) now has many topic area trainings: SU! for Mental Well-Being, SU! for Safer Drinking, SU! for Diversity and Inclusion, SU! for Sexualized Violence Prevention, with new topics being added as the need arises.

While STEP UP! may typically be thought of as largely student centric, there is a need for whole-campus support and training when it comes to supporting and stepping in for others. The SU! program now features a training specifically for faculty, Faculty/Staff SU! for Student Mental Well-Being, with a new training available Fall 2021, SU! for Missouri S&T Employees, which will feature local resources from the UM System for all employees, warning signs and strategies related to burnout, faculty/staff feedback on campus climate and needs, along with self-care and resilience.

Learn more, or request a training, at stepup.mst.edu

FEATURED RESOURCES

AllTrails

AllTrails is an app used to help you find spots for recreational activities, such as hiking, running, biking, fishing, camping, and more.

The service allows users access to a large database of trail maps in the location you choose, and from there you can filter based on many factors: difficulty of trail, trail length, average user rating, activity (such as hike or bike), attractions on the trail (such as waterfall, wildlife, beach, etc), and suitability (dog friendly, kid friendly, stroller friendly, etc).

After choosing a trail, you can save it to your favorites, download the map, and start your outdoor adventure.

AllTrails is available for free (or you can purchase premium use) in the App or Google Play store. You can also access AllTrails at alltrails.com.

With it's easy-to-navigate app and website, and the ability to customize your trail experience, AllTrails is a great way to stay active and find your favorite outdoor spots this summer.



There are some Canvas changes coming in the fall semester. The UM System is moving to one instance of Canvas and the fall courses are populated in the new instance. To sign into the New ONE Canvas, go to “umsystem.instructure.com” and log in using your single sign on and password.

One of the new changes is that each course has a Module 0 populated inside for instructors to use (pictured right). Instructors use this module to help student navigate the course or learn how to get started by giving a course overview.

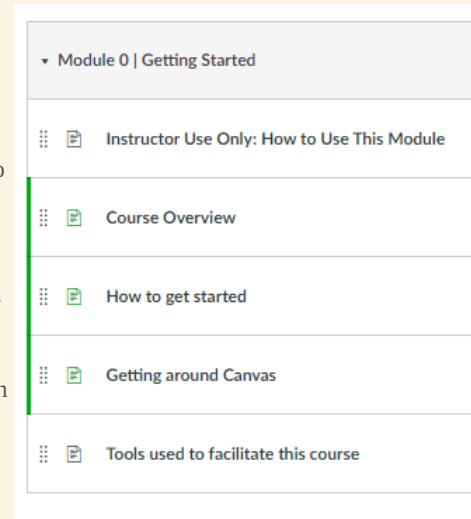
Another change will be access to your older semester courses. You will have access to course content from Fall 2019 to present. These courses will be migrated into the one instance of Canvas. If there are additional courses that you would like to keep the content, then you will need to export the content into a package. [Click here to learn more.](#)

For other questions about the migration of Canvas, [check out the Q&A.](#)

Find more additional information from [Digital Literacy for Canvas seminar.](#)


CAFE TIP OF THE MONTH Canvas Changes


From CAFE, Center for Advancing Faculty Excellence




GET IN TOUCH

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

THIS MONTH'S EVENTS

Have an event you want featured? Submit to minerwellness@mst.edu
Go to minerwellness.mst.edu for a list of up-to-date events!

May 7th: Last day of classes

May 10th - 14th: Finals week

May 18th-20th: UM System Staff Recognition Week; [click here to view and sign up for training seminars.](#)

Have something you want included in the next issue? Have questions, comments, or concerns? Want to nominate a faculty member for Faculty Spotlight?

Submit to minerwellness@mst.edu. 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.