

# WELLNESS CONNECTION

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



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### THIS MONTH'S EVENTS

## LETTER FROM MAK

Hello Miners!

We hope you had a wonderful spring break and are feeling rejuvenated and ready to tackle the last few weeks of the semester.

April is Celebrate Diversity Month, so for this newsletter edition we have made that the main focus. While it can feel that diversity, equity, and inclusion is the sole responsibility of administration and department leaders, it falls on *all of us* to make sure every campus community member feels safe, understood, and that they belong. Not only does this make others feel supported, but having a sense of belonging on campus is proven to decrease suicidal ideation and mental health concerns!

We're providing you with the tools, information, stories, and resources you need to celebrate diversity, equity, and inclusion- we hope you use them and start working to make an impact today.

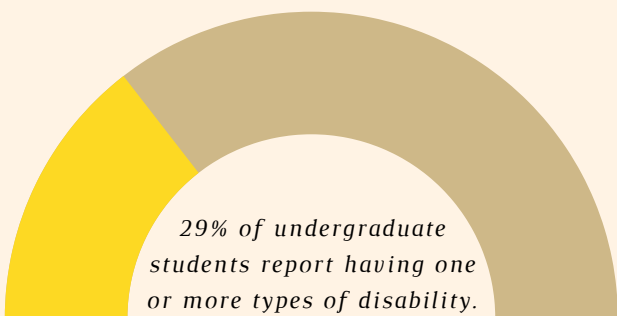
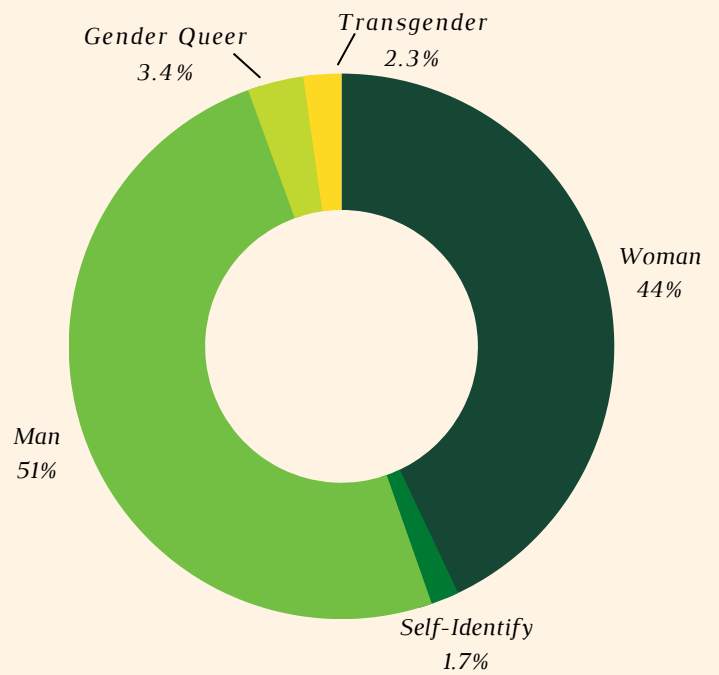
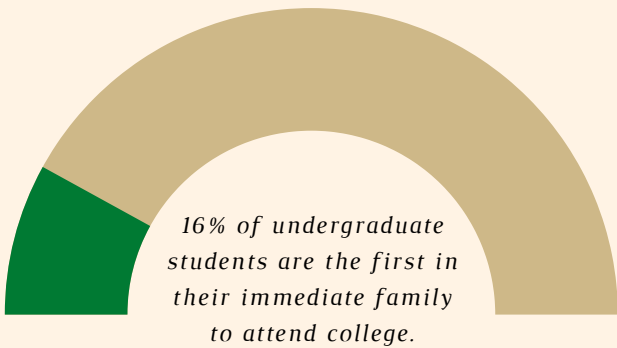
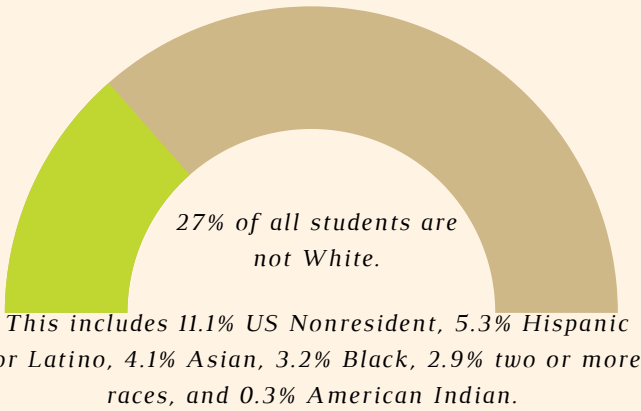
With warm regards,  
Mak the Mole (and *The Student Well-Being Office*)

# DATA BRIEF

## Demographics of Missouri S&T Students

*From Student Well-Being*

The month of April is Celebrate Diversity Month, a celebration initiated in 2004 to recognize and honor the diversity surrounding us. While being on the same university campus allows for us to have many shared experiences, many of our backgrounds are quite unique- check out the student data below! The data comes from the Registrar office and the 2022 Missouri Assessment of College Health Behaviors.



*Disability status of undergraduate students: 14% ADD/ADHD, 10% mental health disability, 2.7% Autism Spectrum Disorder, 2% physical health disability, 1.3% blindness/low vision, 1% learning disability, 0.7% speech/language disability, 0.3% deaf/hard of hearing, 0.3% mobility disability, 0.3% neurological disability or traumatic brain injury, 3% reporting "other", and 71% reporting they have no disability.*

# BOOST YOUR WELL-BEING

## Promoting Diversity, Equity, and Inclusion

From *Student Well-Being and the [U.S. Department of Education](#)*

While it is true that the promotion of diversity, equity, and inclusion is the responsibility of administration and campus departments, it falls on all of us to ensure that all students on campus feel safe and supported. Below are easy ways to promote and support diversity, equity, and inclusion within your own social, academic, and other groups.

### BE AWARE OF UNCONSCIOUS BIASES

While there are many unconscious bias tests you can take, such as from [Project Implicit](#), there are easier ways to become aware of your unconscious biases. Try paying closer attention to your initial reactions and feelings when you meet new people or are in certain situations. Note that our unconscious biases don't always reflect our conscious and chosen ideals and beliefs.

### EDUCATE YOURSELF CONSISTENTLY AND ON A VARIETY OF TOPICS

Often times we focus on specific areas of diversity, equity, and inclusion that affect us or our loved ones, and that's okay! Because of this, it's important to continue to expand your knowledge on a variety of topics, such as multigenerational concerns, gender and sexual orientation, micro-aggressions, race and ethnicity, disability and accommodations, income and socioeconomic concerns, and religion.

### ACKNOWLEDGE HOLIDAYS OF CULTURES DIFFERENT THAN YOURS

One way to build awareness of diversity and foster greater inclusivity is to be aware of and acknowledge a variety of upcoming religious and cultural holidays. Talk to your friends, members of the organizations you're in, or do some research to find the various holidays and traditions that are happening each month.

### ENSURE YOU ARE A SAFE SPACE

Make sure to be an open, supportive, and nonjudgemental space for your friends that are experiencing life differently than you. Their goals, stressors, beliefs, and much more could differ from or even contradict your own. It's important to keep an open mind and practice compassion and empathy.

### HOLD YOURSELF AND OTHERS ACCOUNTABLE

One of the best ways you can support diversity, equity, and inclusion is to do something when you see or hear offensive behaviors or remarks. Doing this not only supports those who the offensive behaviors/remarks were done towards, but also decreases the likelihood that they happen again. Learn more about stepping up and intervening in offensive or harmful situations at [stepup.mst.edu](http://stepup.mst.edu).

### LISTEN TO OTHERS' PERSPECTIVES AND POINTS OF VIEW

It is important to believe and understand the perspectives of others when they present it to you, instead of only seeing situations from your own experience and understanding. For example, if a joke or comment is made about a specific group and someone from that group explains that it is harmful it's important to listen to their concern and accept that they may have a better understanding of the situation than you. Additionally, when you listen to the successes and struggles of others, you can begin to see the world from their perspective. A good place to start could be talking to your peers with physical limitations or disabilities about their experiences- they might be vastly different than yours.

To learn more, there's no better place to start than on campus. Check out the next page for a list of campus resources that all have diversity, equity, and inclusion at the forefront of their work.

# FEATURED RESOURCES

## Diversity, Equity, and Inclusion Resources

### **STUDENT DIVERSITY INITIATIVES ([sdi.mst.edu](https://sdi.mst.edu))**

Student Diversity Initiatives aims to foster diversity and inclusion in the Missouri S&T community by providing a welcoming climate for all students through programming, retention, and mentoring initiatives.

### **EQUITY AND TITLE IX ([equity.mst.edu](https://equity.mst.edu))**

The Office of Equity and Title IX is the first stop for any report of discrimination or harassment within our Miner community. Our mission is to foster a collaborative environment among the campus community furthering equity and facilitating diversity by assuring Missouri S&T's compliance with University of Missouri System policies and procedures, and state and federal statutes and regulation, in the area of Title IX, civil right, and equal opportunity.

### **STUDENT ACCESSIBILITY AND TESTING ([saat.mst.edu](https://saat.mst.edu))**

Student Accessibility and Testing provides reasonable and appropriate accommodations based on the student's needs and documentation, along with services to ensure students with disabilities have equal access to educational programs and activities offered by the university. The Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973 mandate that qualified persons with disabilities must be provided equal access to the university's educational opportunities.

### **STUDENT VETERANS RESOURCE CENTER ([svrc.mst.edu](https://svrc.mst.edu))**

The Student Veterans Resource Center's goal is to ensure the educational success of all those who served our country. They offer several amenities, and many programs to assist veterans in not only making it through college to the great beyond, but also so that they may rightly enjoy their experiences at Missouri S&T.

### **INTERNATIONAL ENROLLMENT ([international.mst.edu](https://international.mst.edu))**

International Enrollment supports international undergraduate and graduate students, visiting scholars, sponsored students, and international study abroad through a student's entire time at the university.

### **REGISTERED STUDENT ORGANIZATIONS ([minerlink.mst.edu/club\\_signup](https://minerlink.mst.edu/club_signup))**

Missouri S&T offers numerous opportunities to develop one's leadership skills in any of its 200 plus recognized student organizations. There are international, intercultural, special interest, religious, spiritual, men's and women's organizations, and more.

### **OFFICE OF THE CHIEF DIVERSITY OFFICER ([dei.mst.edu](https://dei.mst.edu))**

The Chief Diversity Officer leads the Diversity, Equity, and Inclusion division in its mission of enforcement of non-discrimination policies, investigations and resolution efforts and providing campus and community service, outreach, education and training on matters related to civility and climate.

# FEATURED RESOURCES

## Rx Takeback Event

Properly disposing of unused substances is a way to help prevent substance misuse, protect others, and the environment. Each April, the DEA helps to support the coordination of Rx Drug Take Back Events around the country.

*This year Rx Takeback on our campus will be on April 21st in Havener Center Atrium from 11am-2pm.*

Not planning on being on campus that day? You can still properly dispose of any unused or expired prescription medications using the permanent dropbox located inside the University Police Department, available 24/7.

The dropbox is located right inside the station (pictured below) when you walk in the main entrance. Please follow all disposal instructions on the dropbox and do not dispose of unaccepted materials, like needles in this box.



## Pledge Against Sexual Assault

Did you know that 13% of all undergraduate and graduate students experience rape or sexual assault through physical force, violence, or incapacitation?\* Or that a sexual assault occurs every 68 seconds in the United States?\*

Take the It's On Us pledge against sexualized violence today- view it below:

### *It's On Us*

**To RECOGNIZE that non-consensual sex is sexual assault.**

**To IDENTIFY situations in which sexual assault may occur.**

**To INTERVENE in situations where consent has not or cannot be given.**

**To CREATE an environment in which sexual assault is unacceptable and survivors are supported.**

You can take the pledge online at [itsonus.org](https://itsonus.org) or you can take the pledge in-person April 24-28th as part of [Sexual Assault Awareness Week](#).

\*[RAINN.org](https://RAINN.org)

\*\*[RAINN.org](https://RAINN.org)

# MINDFUL MOMENT

## #ActuallyAutistic

*From Annie Birt, Student Well-Being Staff*

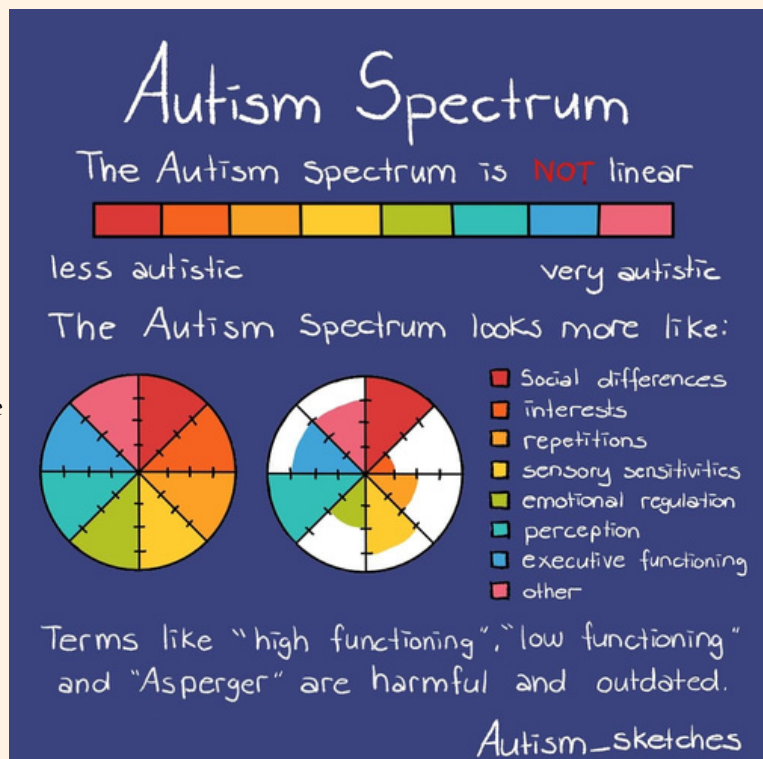
Being an autistic person is a lot like being any other person, but it is also unlike being like another person. It is like being another person when the flowers bloom and I sneeze until my nose hurts, or when the vending machine eats my last quarter and I am left without a mid-afternoon snack. But it is also unlike being like other people when I can hear the lights buzzing, the person outside laughing, the computer whirring to life, the coffee maker percolating, the car on the street honking, and the click-clack-click-clack of my shoes on the wood floor – all while I am on my first cup of coffee before 8am trying to start my work day. Being autistic is not a puzzle piece, a blue pumpkin, a superpower, or a character from a show or movie. Being autistic is an intense, enhanced way of being, and one that comes without an instruction manual or an off button.

Autism is defined by many sources in many different ways but is perhaps best understood by those of us who are #ActuallyAutistic. This hashtag has been growing in popularity across social media platforms as a digital salon for autistic people and our experiences and as a pseudo-therapy couch from which to give and receive support & advice. #ActuallyAutistic is a place of understanding and comradery, of sorrow and of joy, and of being both like many other people and unlike many other people. Autism is a way of learning, understanding, communicating, sharing, and being that those of us who are #ActuallyAutistic understand as this round spectrum of ebbing and flowing between tasks and skills.

Being #ActuallyAutistic isn't a range of "less autistic" and "very autistic" but rather a range of skills and abilities that are unique to the individual. We are not "high functioning" or "low functioning", but rather have varying degrees of need in each area in the spectrum. Being #ActuallyAutistic is a lot like being any other person, but it is also unlike being like another person.

Learn more from these organizations:

- [Autistic Women & Nonbinary Network](http://awnnetwork.org)
  - ([awnnetwork.org](http://awnnetwork.org))
- [Autistic Self Advocacy Network](http://autisticadvocacy.org)
  - ([autisticadvocacy.org](http://autisticadvocacy.org))



# MINDFUL MOMENT (CONTINUED)

## Make an Impact this Earth Day (April 22nd)

From [earthday.org](http://earthday.org) and Laura Woods-Buchanan, Student Well-Being Staff

Earth Day is coming up soon, acting as a wonderful reminder to us that as inhabitants of the earth it is our duty to help protect it and do our part. Check out our tips below on ways you can step up!

### AVOID FAST FASHION AND TRENDS

With Tik Tok, social media influencers, and a changing consumer market, trends have never been coming and going faster. It's very easy to be influenced into buying something, especially when it's something we see so often both in person and online. Think Stanley tumblers, non-skinny jeans, or patchwork/crochet style clothing. Instead of participating in short trends, try shopping only second hand, building a [capsule wardrobe](#), or only purchasing high quality items that will last (high quality doesn't have to mean expensive!).

### TREAT YOUR POSSESSIONS WITH CARE

While this might sound straight forward, it is always an important reminder to take good care of the items you already own. This can include learning to do basic mends to your clothing, properly cleaning and storing your electronics, and in general being careful and intentional when handling breakable or fragile items. Invest in what you already have instead of considering your items replaceable.

### AVOID SINGLE USE PLASTIC AT ALL COSTS

Avoiding single use plastics is one of the best things you can do to have an individual impact on protecting the earth. The single use plastics we are using now (such as coffee pods, water bottles, and food packaging) **will not biodegrade for 500 years, if it biodegrades at all**. You might be thinking- "I recycle all the plastic I use so it evens out". In reality, plastic is almost impossible to recycle and reuse. In a [2022 study](#), it was found that **less than 5%** of recycled plastic was used to create other items, with the rest of plastic ending up in landfills and the ocean. Eliminating all plastic from your life can be difficult, but just having a better awareness and doing your best to reduce use is a great place to start!

### PLANT TREES AND NATIVE SPECIES

Trees have many benefits to our planet such as cleaning the air we breath, prevent erosion and pollutions of waterways, act as a home for small mammals and birds, and in certain areas can reduce the effects of flooding. It is important to plant species of plants and trees that are native to this region as planting non-native species can be invasive and harmful to the wildlife and other plants in the area. While you might not be able to plant trees in your current living situation, consider doing this at a family member's home or volunteer your time with organizations such as [ForestReLeaf of Missouri](#) or the [Missouri Department of Conservation](#). Learn more about native species of Missouri at [grownative.org](http://grownative.org).

### UNDERSTAND THE ISSUES AND VOTE TO PROTECT THE EARTH

No matter how much we do each day, the biggest detriments to the earth are large corporations, mass manufacturing, and even celebrities (for example, Taylor Swift, Bill Gates, and Elon Musk have some of the highest individual CO2 emissions from private flights). Not only do large corporations contribute hugely to waste and carbon emissions, they also fund and push laws that allow them to continue to do so. Did you know: one of the companies that is considered the worst **in the world** for the environment because of their polluting is a coal company based in Missouri? Other top contributors are BP, Chevron and other oil companies, CocaCola, Nestle, and McDonalds. You can help by voting in local and national elections, volunteering with and donating to organizations that support and lobby for environmental change, and buying from companies and brands that help protect the environment.

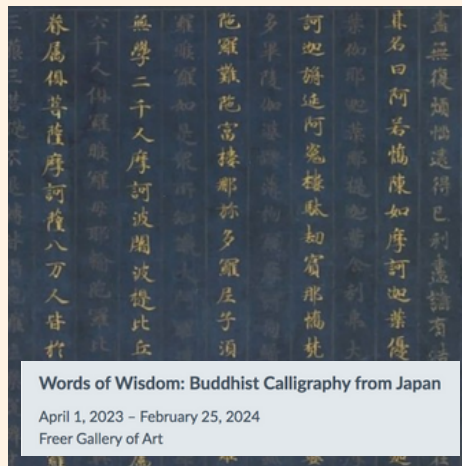
Learn more about how you can make an impact at [earthday.org](http://earthday.org).

# MINDFUL MOMENT (CONTINUED)


## Celebrate Culture and History in Virtual Exhibits


From *The Smithsonian Institute*


Wanting to learn about and celebrate other cultures and historical events but don't know where to start? The Smithsonian offers free online exhibitions you can access to learn about the history and current culture of many different peoples and events of the world. Some currently featured exhibits are Buddhist Calligraphy from Japan, African American Groundbreakers, Native Americans in the US Armed Forces, A Latino History of the United States, and Marking the 50th Anniversary of Title IX. Learn more and see the exhibits at [si.edu/exhibitions/online](https://si.edu/exhibitions/online).





### 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)

### UPCOMING DATES

**All Month:** Celebrate Diversity Month

**April 5:** [STEP UP! for Diversity and Inclusion presentation](#)

**April 20:** [Resilience and Mindfulness presentation](#)

**April 21:** Rx Takeback Day (11am-2pm, Havener Atrium)

**April 22:** Earth Day

**April 24-28:** [Sexual Assault Awareness Week](#) (more on next page)

Want to be featured in the newsletter? 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 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.



# UPCOMING DATES

## Sexual Assault Awareness Week

### April 24th-28th, 2023

*Hosted by Student Well-Being and Sigma Phi Epsilon*

#### Monday

- ◆ STEP UP! for Sexualized Violence Presentation  
Norwood 208, 12pm - 1pm

#### Wednesday

- ◆ Denim Day - Pledge Against Sexual Assault and Fundraiser  
Havener, 11am - 1pm
- ◆ Denim Day Panel - Hosted by UPD and SDI  
Toomey 199, 5pm - 7pm

#### Thursday

- ◆ Walk a Mile in Their Shoes - One Mile Walk in High Heels  
Havener, 3pm-5pm; walk starts at 4pm

#### All Week (Monday - Friday)

- ◆ SeeSAAW, Resource Table, and It's On Us Pledge  
Hosted by Sigma Phi Epsilon  
Outside Library, 8am - 4pm
- ◆ Display of Flags to Show Prevalence of Sexual Assault  
Outside Library Towards Schrenk, All Day
- ◆ "What Were You Wearing" Exhibit  
Havener Atrium, All Day

Sexual Assault Awareness Week is not an event solely held on our campus- it is a national event held by the National Sexual Violence Resource Center for the entire month of April. This year's theme is "Drawing Connections: Prevention Demands Equity", perfectly aligning with Celebrate Diversity Month.

From the National Sexual Violence Resource Center: "We can trace a line from sexual violence to systems of oppression, and we can't end sexual violence without also ending racism. Drawing Connections: Prevention Demands Equity calls on all individuals, communities, organizations, and institutions to change ourselves and the systems surrounding us to build racial equity and respect."

To learn more about the history of this event and this year's theme, visit [nsvrc.org/saaw](https://nsvrc.org/saaw).

**Learn more about Sexual Assault Awareness Week at [wellbeing.mst.edu/saaw23](https://wellbeing.mst.edu/saaw23)**