

# WELLNESS CONNECTION

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



## TABLE OF CONTENTS

### LETTER FROM MAK

### BOOST YOUR WELL-BEING: National STEAM Day

### DATA BRIEF

### Sexual and Interpersonal Violence at Missouri S&T

### FEATURED RESOURCES: Sexual Health Resources; No Shave November; Nicotine Cessation Services; Bystander Intervention Consultation; Native American Heritage Month; Faculty Champions

### MINDFUL MOMENT: Fall Recipes to Impress Your Loved Ones

### THIS MONTH'S EVENTS

## LETTER FROM MAK

Hello Miners!

As we get deeper into the fall season and the days get cooler, we are finding it easier and easier to stay indoors and fall into routines. We in the Student Well-Being department are hoping to break from sticking to the same routine and instead using this chillier time to learn new skills, broaden our horizons, and celebrating the things we enjoy.

In this newsletter edition, our goal is to help you focus on these ideas as well. On page 2 we are reflecting back on what brought us to S&T in the first place- a love of all things STEM/STEAM! Pages 3 through 7 offer resources and information to help you be well and to protect the wellness of others. And on the last pages, we have two pumpkin recipes to get you in the mood for the upcoming Thanksgiving break.

We hope that this edition gives you a nice break from your daily responsibilities and helps you enjoy the fall weather. And please know you can reach out to Student Well-Being if you need any mental health or well-being support.

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

# BOOST YOUR WELL-BEING

## National STEAM Day

*From Student Well-Being*



It's no secret that at Missouri S&T we are passionate about STEAM (science, technology, engineering, arts, mathematics). But it isn't often that we get a specific day to celebrate!

Especially during busy times of the semester, it can be easy to focus solely on the difficulty of course work and the many responsibilities we take on. By celebrating National STEAM day on November 8th, we allow ourselves time to remember the bigger picture: our passion for STEAM and what brought us on this path in the first place.

Below we have outlined a few ways you can celebrate National STEAM day this month, either by yourself or with friends. There are many hyperlinks with more information- make sure to check those out!

---

### WRITE OUT YOUR STEAM RELATED GOALS

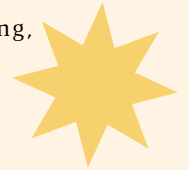
What kind of career are you interested in? Where do you want to be in five years? Ten years? What kind of accomplishments do you envision for yourself? Allow time to reflect and write out/display these goals as a way to help keep you motivated when you are feeling overwhelmed or slogged down. And it never hurts to start planning for the future now!



### EXPLORE STEAM INTERESTS AND HOBBIES

Use this national day as a chance to explore STEAM related interests and hobbies you might not otherwise have time for. Some activities could be:

- [Using household items to build an invention.](#)
- Visiting a museum virtually, such as the [Louvre](#), [Georgia O'Keeffe Museum](#), the [Smithsonian Museum of Natural History](#), or many more found [here](#).
- Getting outside and going bird watching, stargazing, or rock hounding.

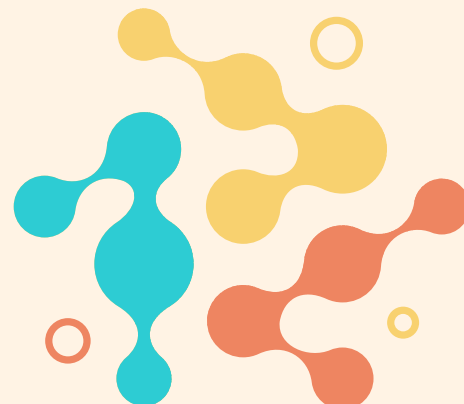


### LEARN MORE ABOUT LEADERS IN STEAM

Take some time to learn more about those who have made major differences in the STEAM world.

- [Women leaders in STEAM](#)
- [Black leaders in STEAM](#)
- [Inventions that changed the world and the story behind them](#)
- [Artists to know throughout history](#)

However you spend your time celebrating National STEAM day, we hope you have fun and maybe learn something new. After all, isn't that what STEAM is about?



## DATA BRIEF

# Sexual & Interpersonal Violence at Missouri S&T

*From Student Well-Being*

Sexual harassment, assault, and abuse can happen anywhere, including in online spaces. Unfortunately, Missouri S&T is not immune to these statistics. According to the 2022 Missouri Assessment of College Health Behaviors (MACHB), 21% of S&T students have experienced a form of intimate partner violence, 19% have experienced non-consensual sexual contact, and 7% have reported that in the past year they have felt unsafe with those they lived with.



**7%**

**Of S&T students in the past 12 months have physically and/or psychologically/mentally unsafe with the person(s) with whom they resided**



**21%**

**Of S&T students have experienced a form of intimate partner violence**

**19%**

**Of S&T students have experienced non-consensual sexual contact**

While these numbers can feel overwhelming, it's important to know that there are things we can all do to **help prevent sexual and interpersonal violence**. Learn more about what you can do on the next page!

# DATA BRIEF (CONTINUED)

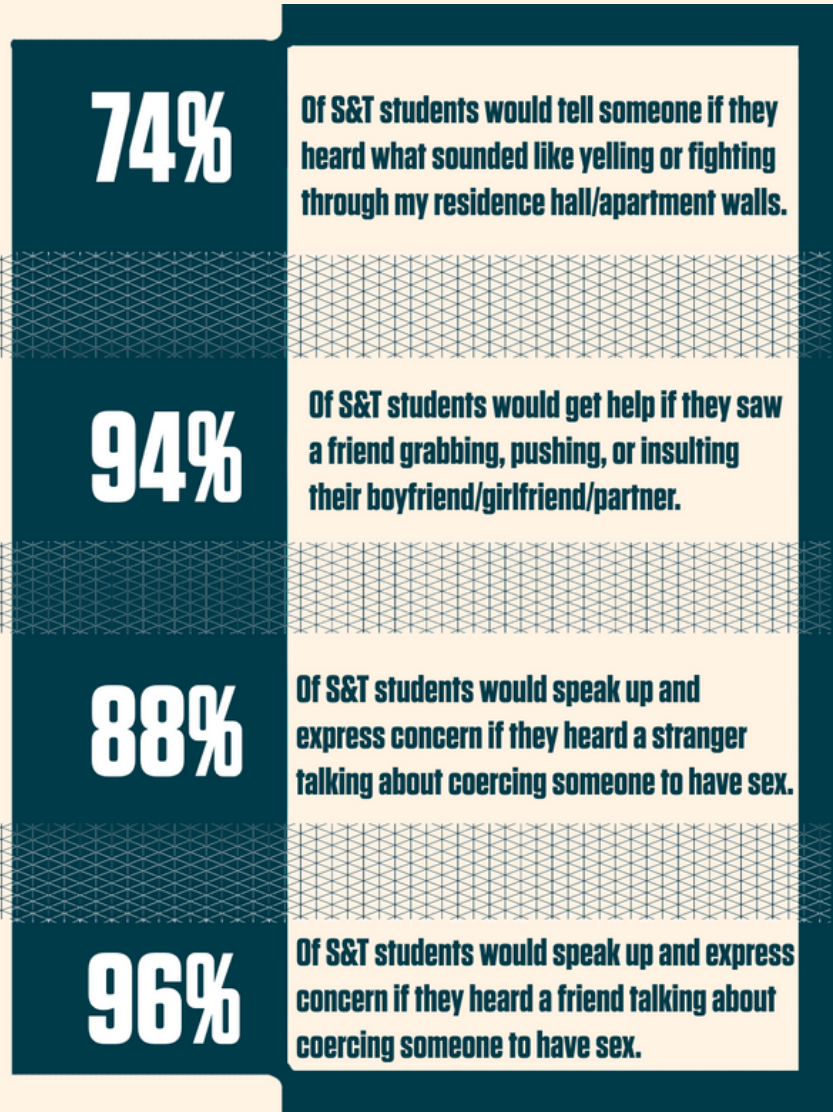
## Sexual & Interpersonal Violence at Missouri S&T

*From Student Well-Being*

In the MACHB, almost all S&T students reported that they would do something to help their fellow miners in a problematic situation (data below). As long as we all know how to help, we can help protect the wellness and safety of those around us.

### How to STEP UP! to help prevent sexual and interpersonal violence:

1. **Notice the event-** while this sounds simple, we need to be aware of our surroundings to be able to notice a problematic event.
2. **Interpret as a problem-** while this step can be trickier as we often don't have all the details of a situation, it's important to err on the side of caution and interpret it as a problem.
3. **Assume responsibility-** it's vital we assume personal responsibility in a situation so a harmful situation doesn't escalate.
4. **Know how to help-** knowing how to intervene appropriately in a situation is vital to the intervention's success (see some approaches at [stepup.mst.edu](http://stepup.mst.edu)).
5. **Implement and Intervene-** everyone can make a difference as long as we try to help.



To learn more about how to step up and to see scenarios of the above steps played out, visit

**[stepup.mst.edu](http://stepup.mst.edu).**

# FEATURED RESOURCES

## Sexual Health Resources

If you are sexually active, it's important to know the resources that are available to you for preventive care or treatment.

### STUDENT HEALTH SERVICES

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

910 W. 10th Street

[573.341.4284](tel:573.341.4284)

### BLACK BAGS- FREE SEXUAL HEALTH ITEMS

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

201 Norwood Hall, 320 W 12th Street

[573.341.4211](tel:573.341.4211)

### PHELPS HEALTH

[phelpshealth.org](http://phelpshealth.org)

[\(573\) 364-9000](tel:573.364.9000)

### AIDS PROJECT OF THE OZARKS

[apo-ozarks.org](http://apo-ozarks.org)

[417.881.1900](tel:417.881.1900)

### PRC OF ROLLA

[prcrolla.com](http://prcrolla.com)

1210 MO-72

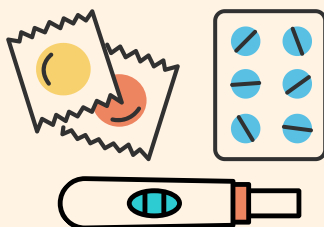
[573.368.5700](tel:573.368.5700)

### PLANNED PARENTHOOD (NOW OPEN!)

[ppslr.org](http://ppslr.org)

1032B Kingshighway

[573.364.1509](tel:573.364.1509)



## No Shave November

No Shave November is a month long journey during which participants forgo shaving and grooming in order to evoke conversation and raise cancer awareness.

The goal of No Shave November is to grow awareness by embracing our hair, which many cancer patients lose, and letting it grow wild and free. Donate the money you typically spend on shaving and grooming to educate about cancer prevention, save lives, and aid those fighting the battle.

Participate by growing a beard, cultivating a mustache, letting those legs go natural, and skipping that waxing appointment.

Participate on your own or through the No Shave November organization by visiting [no-shave.org/register](http://no-shave.org/register).



## FEATURED RESOURCES (CONTINUED)

### Nicotine Cessation Consultation

Considering cutting back on or quitting your nicotine use? There are many health benefits to reducing or eliminating cigarettes, Juuls, ecigs, and other nicotine products, but that doesn't mean it is easy to do. Quitting can be a long and difficult process and Student Well-Being is here to help.

Student Well-Being offers a one-on-one nicotine-cessation program for those who are thinking about or are ready to quit, or simply want to reduce their usage. These sessions may include:

- Free nicotine replacement therapy options (patches, gum, or lozenges)
- One-on-one coaching and goal assessment
- A participant workbook
- A personalized plan

Sessions are private, non-judgmental, and customized to your specific needs and goals. If you are starting to quit and are struggling with withdrawal, just remember good things are happening in your body too. Keep going - you got this!

To meet with a quit coach, email [wellbeing@mst.edu](mailto:wellbeing@mst.edu) or call [573.341.4211](tel:573.341.4211).



#### Did you know:

77% of S&T students would intervene in a situation where someone else's health or safety was in jeopardy!

### Bystander Intervention Consultation

Need the skills to help a friend? Want to be prepared to intervene in a problematic situation in the future? Intervened in a situation and want to talk about it? Meet with a health educator for a one-on-one bystander intervention consultation.

Consultations are customizable for your needs and goals. Some topics that may be covered in the sessions are:

- How to recognize problematic situations
- How to intervene in problematic situations
- What to do after a situation occurs
- Practicing specific scenarios
- Coping and talking about situations that have occurred

To learn more, visit [stepup.mst.edu](http://stepup.mst.edu). To meet with a health educator, email [wellbeing@mst.edu](mailto:wellbeing@mst.edu) or call [573.341.4211](tel:573.341.4211).

## FEATURED RESOURCES (CONTINUED)

### Native American Heritage Month

November is Native American Heritage Month, or as it is commonly referred to, American Indian and Alaska Native Heritage Month.

The month is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people. Heritage Month is also an opportune time to educate the general public about tribes, to raise a general awareness about the unique challenges Native people have faced both historically and in the present, and the ways in which tribal citizens have worked to conquer these challenges.

Check out the links below for some free resources to help celebrate the month!

#### ***National Museum of the American Indian***

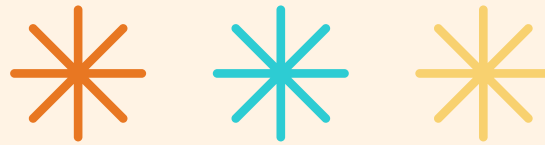
- [Online Exhibitions](#)
- [Information and Webinars](#)

#### ***Smithsonian- Upcoming Virtual Events***

- [Youth in Action: Reclaiming the Stage](#)
- [2022 Native Cinema Showcase](#)

#### ***The Library of Congress***

- [Collected Resources and Exhibitions](#)
- [Informational Audio and Video Collection](#)



### Faculty Champions

Each department's Faculty Champion is a trained point-of-contact for information and resources to support student, faculty, and staff mental well-being. The goal is to raise awareness of available resources and to guide students and colleagues to those resources. If you need support for yourself or others and aren't sure where to go, consider reaching out to your department's Faculty Champion.

***Arts, Languages, and Philosophy-*** Taylor Gruenloh

***Athletics-*** Kira Carter

***Biological Sciences-*** Dave Westenberg

***Business and Information Technology-*** Sarah Stanley

***Chemical and Biochemical Eng.-*** Joseph Smith

***Chemistry-*** Jeff Winiarz

***Civil, Architectural, and Env. Eng.-*** Eric Showalter

***Computer Science-*** Jennifer Leopold

***Economics-*** Eun Soo Park

***Electrical and Computer Eng.-*** Ali Hurson

***Engineering Mgmt. and Systems Eng.-*** Suzie Long

***English and Technical Communications-*** Kelly Tate

***Geosciences, Geol. and Petroleum Eng.-*** John Hogan

***History and Political Science-*** Michael Bruening

***Materials Science and Eng.-*** Arezoo Emdadi

***Mathematics and Statistics-*** Stephanie Fitch

***Mechanical and Aerospace Eng.-*** Daniel Stutts

***Mining and Explosives Eng.-*** Kwame Awuah-Offei

***Nuclear Engineering-*** Carlos Castano

***Physics-*** Dan Waddill

***Psychological Sciences-*** Amber Henslee

***Teacher Ed. and Certification-*** Michelle Schwartz

# MINDFUL MOMENT

## Fall Pumpkin Recipes to Impress Your Loved Ones

From *The Pioneer Woman*

Enjoy this cold weather from the comfort of home with these easy fall pumpkin recipes!

### Pumpkin Chili

#### INGREDIENTS

- 1 tbsp. olive oil
- 1 lb. ground spicy Italian sausage (or sub vegan meat substitute)
- 1 onion, chopped
- 1 red bell pepper, chopped
- 3 garlic cloves, chopped
- 1 1/2 tbsp. chili powder
- 2 tsp. ground cumin
- 1 tsp. salt or more to taste
- 3/4 tsp. pepper or more to taste
- 1/2 tsp. ground cinnamon
- 2 15 oz. cans fire-roasted tomatoes, not drained
- 1 15 oz. can kidney beans, drained
- 1 15 oz. can black beans, drained
- 1 15 oz. can pumpkin puree
- 2 1/2 c. chicken broth (or sub veg broth)
- Roasted pumpkin seeds, sour cream, shredded sharp cheddar cheese and avocado, for garnish, if desired

#### DIRECTIONS

1. In a large pot or dutch oven, heat the oil over medium heat. Add the sausage and cook, stirring to break into pieces, until browned and cooked through, 8 to 10 minutes. Using a slotted spoon, transfer the sausage to a paper towel lined plate to drain.



2. Add the onion and bell pepper to the pot. Cook over medium, stirring, until softened, 10 to 12 minutes. Stir in the garlic, cumin, chili powder, 1 teaspoons salt, 3/4 teaspoon pepper and cinnamon. Cook, stirring, for 30 seconds.
3. Stir in the tomatoes, kidney beans, black beans, pumpkin puree, chicken broth and sausage. Bring to boil over medium-high. Reduce heat to medium-low, cover and cook, stirring occasionally, until the flavors meld, about 20 minutes.
4. Season the chili with salt and pepper. Serve, garnishing with pumpkin seeds, sour cream, cheese and avocado, if desired.



# MINDFUL MOMENT (CONTINUED)

## Fall Pumpkin Recipes

From *The Pioneer Woman*

### Pumpkin Spice Cereal Treats

#### INGREDIENTS

- 1 1/2 sticks (12 tablespoons) butter
- 3 10-ounce bags marshmallows
- 18 c. crispy rice cereal
- 1 tsp. pumpkin pie spice

#### DIRECTIONS

1. Line a 9-by-13-inch baking pan with parchment paper, allowing some parchment paper to hang over the edges. Melt butter in a large pot over medium heat. Add marshmallows and cook, stirring, until melted. Mix in pumpkin pie spice. Remove from the heat and stir in cereal until combined. Firmly press the mixture into the prepared pan.
2. Let cool completely. Use the parchment overhang to lift the treats out of the pan. Cut into squares.



## 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:** Native American Heritage Month

**November 12:** [Buckets N Boards - Leach Theatre](#)

**November 17:** [Great American Smoke Out](#)

**November 20- 27:** Thanksgiving vacation

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.