

WELLNESS CONNECTION

Your health, your well-being, our priority!



TABLE OF CONTENTS

LETTER FROM MAK

DATA BRIEF: Mental Health at Missouri S&T

BOOST YOUR WELL-BEING: Supporting Your Mental Wellness Beyond Academics; Effectively Prepping for Advising Sessions

FEATURED RESOURCES: MindWise Online Mental Health Screening; Voter Registration; Writing and Communication Center; University Libraries

MINDFUL MOMENT: Chai Spice Cookies Recipe; Ghost String Lights for Your Dorm

THIS MONTH'S EVENTS: Mental Well-Being Awareness Week - October 14th-18th

LETTER FROM MAK

Hey Miners,

Happy fall! While each day's weather may not feel like fall, all of us here in the Student Well-Being office are already in the mood for pumpkins, hot drinks, spooky movies, and all that comes with the fall season. But unfortunately, fall is not only a time for fall leaves and Halloween- for many of us it means being busier with classes, prepping for exams, and other daily stressors.

Fear not- in this edition, we cover both aspects! We've got tips on supporting your mental well-being beyond academics, prepping for advising sessions, academic and mental health resources, and more. To get you in the mood for the season, we've got a delicious cookie recipe paired with a fun dorm craft.

We hope the month of October kicks off in a positive way for you (and that the weather stays cool!). And remember, if you need any support for your mental health, [Student Well-Being](#) has you covered.

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

P.S. - We have Mental Well-Being Awareness Week coming up October 14th-18th - we can't want to see you there! [Check out all the upcoming events here.](#)

DATA BRIEF

Mental Health at Missouri S&T

With classes ramping up, pressure to secure a co-op or internship, and the general busy feeling that comes with this point in the semester, it's more important than ever to be reminded that if you are struggling with your mental health, you're not alone and there are resources that can help you. Many S&T students report having stress and other mental health concerns and, most importantly, report helpful ways that they manage and cope with it. Check out the mental health data below and what current S&T students do to feel supported.

(Data comes from the 2024 Missouri Assessment of College Health Behaviors)

Mental Health Data of S&T Students

In the last year, 40% of S&T students report experiencing depression and 47% report experiencing anxiety

34% of S&T students report having suicidal thoughts at some point in their lifetime

In the past two weeks, 28% of S&T students report experiencing overwhelming or unbearable stress

Ways that S&T Students Manage

85% of S&T students experiencing mental health concerns sought help from at least one campus support service- **it's okay to ask for help!**

84% of S&T students would refer someone to a resource who tells them they are thinking of suicide - **it's okay to seek out professionals!**

66% of S&T students turn to their friends/peers when personal concerns arise- **it's okay to lean on your friends for support!**

S&T students have methods of relieving stress- 66% use hobbies, 54% focus on their physical health, 45% make to-do lists - **find what works for you!**

Does any of this S&T specific data surprise you? While we might often think stress and school go hand-in-hand or that stress is part of the "university experience", that doesn't mean you shouldn't seek support. Check out our next article for tips on supporting your well-being, and check out the services offered by the Student Well-Being department (at wellbeing.mst.edu/services) to see how we can help with a variety of concerns and/or get you connected to other campus and off-campus services.

BOOST YOUR WELL-BEING

Supporting Your Mental Wellness Beyond Academics

College life is often centered around academics, but maintaining your mental wellness is equally important. Balancing school with self-care and emotional health is key to thriving during your college years.

1. Create Balance

- While studies are important, make time for activities that bring joy and relaxation. Engaging in hobbies, exercising, or socializing helps recharge your mind and reduce stress.

2. Build a Support System

- Surround yourself with a strong support system of friends, family, and campus resources. Lean on them when school pressures feel overwhelming, and don't hesitate to share your struggles.

3. Practice Self-Care

- Prioritize self-care by maintaining healthy routines like sleep, nutritious meals, and physical activity. Incorporating mindfulness techniques, such as meditation or journaling, can also help you stay grounded.

4. Know When to Ask for Help

- If you're feeling overwhelmed, reach out to mental health professionals on campus. Seeking help is a sign of strength and can equip you with the tools to manage stress effectively.

5. Explore Interests Beyond Academics

- Pursue non-academic activities like clubs, volunteering, or creative outlets to enrich your college experience and find fulfillment beyond your studies.

By integrating these practices into your routine, you can support both your mental wellness and academic success, ensuring a healthier and more balanced college experience.



BOOST YOUR WELL-BEING

Effectively Prepping for Advising Sessions

As the year just felt like it started, it is already becoming time to start thinking about next semester and your advising sessions. Advising sessions can be a bit nerve-wracking- there are so many choices, requirements, and future plans to consider. But with some preparation, you can make it a smooth and productive experience. Here are some tips and tricks how:

1. Make a Checklist:

- Write down what you need to discuss, like required courses, electives, or future plans. Having a checklist will help you stay focused and ensure you do not forget any questions during your session.

2. Check Your Degree Progress:

- Review your degree audit to see which classes you have completed and see what you still need to do. This will give you a clear picture of where you stand and what courses are required for you to stay on track. To find your degree audit go to joess.mst.edu → academic progress → request degree audit → run declared programs → view audit.

3. Go in with a Tentative Schedule:

- Follow your audit and course catalog (found at catalog.mst.edu) to prepare a rough outline of the courses you plan to take next semester. This gives your advisor a starting point, making the conversation more productive and leading to better feedback. Advisors appreciate when you come with a plan, as it helps ensure you're on track with the courses you need.

4. Have Backup Plans:

- Sometimes your first choice of classes might not be available by the time you have to officially register for classes. Be ready with alternative times and courses in case of scheduling conflicts or full classes.

5. Ask Around or Get a Friend to Look Over Your Plan:

- Talk to a friend, classmate, or upperclassman who has been through similar courses. They can offer insights or suggestions, and sometimes another perspective helps catch things you might have missed.

6. Be Honest About What You Are Thinking:

- Do not hesitate to talk about your long-term goals, career aspirations, or even doubts about your current path. Your advisor is there to help guide you, and honesty leads to the best advice.

By preparing for your advising sessions, you'll not only get the most out of your time but also leave with a solid plan for the semester! Remember to check out joess.mst.edu and catalog.mst.edu to prepare for your session.

FEATURED RESOURCES

MindWise Online Mental Health Screening

Take a few minutes to check in with yourself! Use the MindWise Online Screening Tool to assess your mental health and well-being. It's quick, confidential, and can help you identify if you or a friend could benefit from additional support. Remember, mental health matters, and taking the first step is a sign of strength. Start your screening here: [MindWise Online Screening](#).

Or, would you rather have a screening in person? Make an [appointment](#) with one of Student Well-Being's licensed counselors and get support and resources to help.



Voter Registration

Voting is one of the most important ways to make your voice heard. **As Missouri's voting registration deadline is October 9th, 2024 for the general election**, now is the time to register and make arrangements to vote. Here are some help links and resources:

- **Check your registration status and/or register to vote:** Visit nass.org/can-i-vote to check your status or register to vote. There are a lot of things that can affect your registration status, so double checking is never a bad idea!
- **Voting in Missouri:** You can register to vote through the Missouri Secretary of State's website: sos.mo.gov/elections/goVoteMissouri/register. You will also find voter registration options which include printing and mailing in your ballot, or in-person registration and locations. If you are traveling home to vote, ensure you make travel arrangements well ahead of time. If you have an off-campus job, you are [legally entitled to three hours off to vote](#).
- **Can't go vote where you're registered?:** If you are attending S&T far from home, you can request an absentee ballot or make arrangements to vote by mail. You can find this information on your [state's election website](#), or through the CanIVote.org portal.
- **Find on-campus events:** Check out Minerlink's [Events List](#) for events centered around registering to vote and the election.
- Encourage your friends to get involved, register to vote, and be prepared for upcoming elections!



FEATURED RESOURCES

Writing and Communication Center

Need help with writing assignments? The Writing and Communication Center can help you! Whether you're working on an essay, research paper, or any writing project, the Writing and Communication Center offers personalized support to help you improve your writing skills and succeed in your courses. The Writing and Communication Center also features great online resources, such as writing guides, citation style guides, and help for ESL/EFL students.

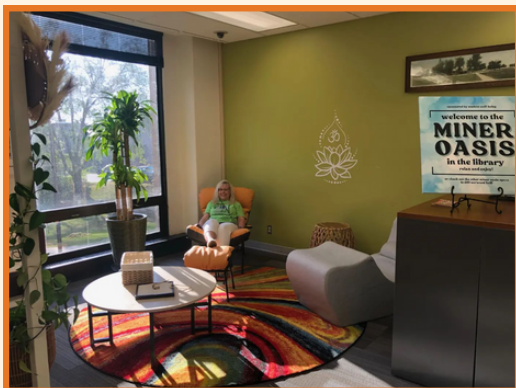
Schedule an appointment today at writingcenter.mst.edu.

University Libraries

It's already October and if you still have not visited the library- it is time to make that happen! With midterms and exams approaching, remember that The Curtis Laws Wilson Library offers more than just a quiet place to focus. It provides academic resources (both physical and e-resources), expert research help, and study group workrooms. Librarians are also available to assist with research, find resources, and navigate databases.

Additionally, there are many unique items you can check out/reserve at the library, such as a molymod kit, a Vibe Board, podcasting and green screen rooms, calculators, laptops, and more. Don't forget to visit the Miner Oasis relaxation zone or grab some coffee while you're there!

Explore everything the library has to offer at library.mst.edu and stop by the Curtis Laws Wilson Library today!



MINDFUL MOMENT

Chai Spice Cookie Recipe

It's fall! Fall reminds us of the leaves changing color, Halloween, and the core flavor of pumpkin spice. However, is pumpkin spice overdone? We say yes! Shake up your baking recipes and try these melt in your mouth chai spice cookies that are full of flavor.

Ingredients:

- ½ cup (113 g) unsalted butter, softened
- ¾ cup (150 g) granulated sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 ½ cups (195 g) all-purpose flour
- 1 ¼ teaspoons ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon cream of tartar
- ½ teaspoon baking soda
- ½ teaspoon ground ginger
- ½ teaspoon ground cardamom
- ¼ teaspoon salt
- ¼ teaspoon allspice
- ⅛ teaspoon ground black pepper



Directions:

1. Mix the butter and sugar together in a large bowl until combined. Mix in the egg and vanilla just until incorporated. Scrape down the sides of the bowl as needed.
2. In a separate bowl, combine the flour, cinnamon, baking powder, cream of tartar, baking soda, ginger, cardamom, salt, allspice, and black pepper; stir with a whisk.
3. Add all of the flour mixture to the butter mixture and mix on low speed just until incorporated.
4. Cover with plastic wrap and refrigerate for at least 2 hours and up to 48 hours.
5. Heat the oven to 350°F. Line two baking sheets with parchment paper or a silicone mat. Scoop 1.5 tablespoons of dough and roll into balls. Roll the balls slightly taller instead of perfectly round. Place the dough 2 inches apart on the prepared cookie sheets.
6. Bake for 8-9 minutes or until lightly golden around the edges. The cookies will appear underdone and very soft. Cool on the cookie sheet for 5 minutes then transfer to a wire rack to cool completely.

For more details on this recipe, check out [Chai Cookies Recipe | Baked by an Introvert](#)

MINDFUL MOMENT

Ghost String Lights for Your Dorm

Give your room a spooky yet fun touch with these easy DIY ghost string lights as Halloween decor!

Materials Needed:

- Bulb/globe string lights (preferably white or warm lights)
- White fabric or tissue paper (cut into small squares or circles)
- Black marker (for drawing ghost faces)
- Clear tape or small rubber bands
- Scissors



Instructions:

1. Prepare the fabric/tissue: Cut the white fabric or tissue paper into small squares or circles, large enough to drape over each individual light bulb on the string.
2. Wrap the lights: Take one piece of fabric/tissue and place it over a light bulb on the string. Secure it in place by wrapping a small rubber band or a piece of clear tape around the base of the bulb to form the ghost's "head." Ensure the fabric or tissue hangs loosely to create the appearance of a ghost's flowing body.
3. Draw the ghost faces: Using a black marker, draw two eyes and a small mouth on the fabric/tissue around the light bulb to give each ghost a spooky face.
4. Repeat for all lights: Continue the process for each light on the string until every bulb has its own ghost covering.
5. Hang your ghost lights: Once all the lights are covered, hang your ghost string lights in your desired location and plug them in to enjoy your glowing ghost decorations!

*Be cautious of the bulbs getting too warm and do not leave these on when not in your room.

GET IN TOUCH



wellbeing@mst.edu



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



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

UPCOMING DATES

October 2: [Free Yoga Session for Students](#)

October 10-13: Fall Break

October 14-18: [Mental Well-Being Awareness Week](#) (see the event flyer on the next page!)

October 21-25: Advising Week

October 25-26: [MinerFest Homecoming Weekend](#)

October 30: [TEDxMissouriS&T](#)

October 31: Halloween

MEET OUR WRITERS

Unless otherwise stated, all articles are written by one of the Student Well-Being staff members below. We thank you for your continued readership!

Debora Andrade - Student Employee

Abigail Krimmel - Student Employee

Laura Woods-Buchanan - Health Communications Specialist

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 [Laura Woods-Buchanan](#). Content may be edited for clarity and length. All submissions must follow University policy and will be used at the discretion of Student Well-Being.

MENTAL WELL-BEING AWARENESS WEEK FALL 2024

HARVESTING

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MONDAY OCT 14

BETTER YOU TABLE

Hosted by Joe's PEERS
Outside Library, 11am-1pm

POP THE STIGMA

Hosted by Joe's PEERS
Outside Library, 1-3pm

TUESDAY OCT 15

NAVIGATING FINANCIAL LITERACY THROUGH TECHNOLOGY

Hosted by University Libraries and
Student Financial Assistance
Innovation Lab 115, 1-2pm
Free cookies & enter to win a scholarship!

BUILDING HOPE THROUGH ACTION: A DISCUSSION OF MENTAL HEALTH & SUICIDE PREVENTION

Hosted by CAREE, Dean of Students, &
Student Well-Being
Innovation Lab Forum, 3-4:30pm
Free food!

WEDNESDAY OCT 16

WELL-BEING AMBASSADOR TRAINING

Hosted by Student Well-Being
BCH 110, 12-1:30pm
Lunch provided!

YOGA FOR STAFF & FACULTY

Hosted by Student Well-Being
Rec Center Aerobics Room
4:45-5:30pm

TRIVIA WITH ALLIES FOR NATIONAL PRONOUNN DAY

Hosted by Inclusion &
Engagement and Spectrum
SDI House, 5-7pm

THURSDAY OCT 17

WE CARE ABOUT YOU A LATTE

Hosted by Staff Success Center &
Well-Being Champions
Havener St. Pat's A, 8:30-9:30am
Free coffee & hot chocolate!

COLLEGE THRIVING KIT STATION

Hosted by SUB & Joe's PEERS
Outside the Library, 11am-1pm

MENTAL HEALTH SCREENING

Hosted by Student Well-Being
Havener Atrium, 11am-1pm
Free socks for participating!

FRIDAY OCT 18

DOG DAYS & HYDRATION STATION

Hosted by Delta Sig and
Joe's PEERS
Havener Lawn, 11am-1pm

WAFFLES, WELLNESS, & WRITING WORKSHOP

Hosted by ASUM, English & Technical
Communications, & Student Well-Being
Havener Carver Turner, 12-1:30pm
Free waffles!

GRADUATE FAMILY NIGHT

Hosted by Graduate
Education
BCH 121, 6-8pm
Free pizza & snacks!

Some event locations may change. Visit the below website for most up-to-date information



Student
Well-Being

learn more at

WELLBEING.MST.EDU/MWBAW24 →

