

WELLNESS CONNECTION

Your health, your well-being, our priority!



TABLE OF CONTENTS

LETTER FROM MAK

DATA BRIEF:

Breaking “Typical College Experience” Stereotypes

BOOST YOUR WELL-BEING:

Setting Yourself Up for Success; Safer Drinking Tips You Should Know

FEATURED RESOURCES:

Academic Resources to Set You Up for Success; Collegiate Recovery Ally Training; 988 Suicide and Crisis Lifeline

MINDFUL MOMENT:

What’s in Rolla? A Guide to Our Favorite Spots!; Freshman Focus

THIS MONTH'S EVENTS

LETTER FROM MAK

Hey Miners,

We hope you are settling in to the first month on campus well! With this edition, we are focusing on helping you find the most success on campus. We know that success looks different for everyone, so we are spotlighting a few different types of success: success in academics, success in breaking college stereotypes, success in practicing safer drinking habits, and success in supporting your own well-being and the well-being of others.

With all those types in mind, you can find data to help break “typical college” stereotypes, safer drinking tips, tips for creating a balanced college life, academic resources, and much more.

We hope you enjoy this 38th edition of the Wellness Connection Newsletter, and we look forward to sending you our next edition in October!

With warm regards,

Mak the Mole (and *The Student Well-Being Office*)

DATA BRIEF

Breaking “Typical College Experience” Stereotypes

For those of us that are just starting out at S&T and going to college for the first time, we might be expecting a specific “typical” college experience, based on stories from friends, tv shows and movies, books, and many other sources. And while much of that can be true (like late nights studying), a lot of it is not actually the norm here at S&T!

It can be important to know what a “typical” student does at S&T because it allows for us to challenge traditional, or harmful, stereotypes of the university experience. Let’s go through some of the common stereotypes we hear and how they compare with data from real S&T students!

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

Common College-Life Stereotypes

S&T Student Data

“Everyone in college drinks”	➔	Actually, only 51% of S&T students reported drinking in the past year!
“Everyone in college is having sex/is intimate with others”	➔	Actually, only a little more than half (52%) of S&T students are sexually active!
“Everyone pulls all-nighters to study and complete homework”	➔	While some late nights are certainly necessary, most miners (87%) get six or more hours of sleep on a typical school night!
“Fraternities and Sororities are the only ways to make friends and have things to do”	➔	Only about 15% of S&T students are involved in fraternity and sorority life, but 83% of students are involved in at least one campus organization!

Does any of this S&T specific data surprise you? Just remember that the “typical” college experience is whatever you want it to be. Avoid feeling like you have to do certain things or feel certain ways to make the most out of it- this is simply not true!

We hope you focus on finding the activities that make you the happiest and thrive the most, instead of the ones you feel you have to do to get the full experience.

Have any other stereotypes about the college experience? Email wellbeing@mst.edu what you’ve heard and we can help bust the myth with data!

BOOST YOUR WELL-BEING

Setting Yourself Up for Success: Creating a Balanced College Life

The first month on campus is a crucial time to establish habits that will set you up for a successful and fulfilling college experience. Here are some tips to help you create a balanced college life:

- 1. Prioritize Time Management:** Start by organizing your schedule. Use a planner or digital calendar to keep track of classes, assignments, and extracurricular activities. Set aside time for studying, but also make sure to include time for relaxation and socializing.
- 2. Get Involved:** Joining clubs, organizations, or study groups can help you connect with others who share your interests. It's a great way to make new friends, build a support network, and enhance your college experience.
- 3. Focus on Well-being:** Don't neglect your physical and mental health. Make time for regular exercise, eat balanced meals, and ensure you're getting enough sleep. If you're feeling overwhelmed, take advantage of campus resources like [counseling services or wellness workshops](#).
- 4. Set Goals:** Whether it's academic success, personal growth, or exploring new hobbies, setting clear and achievable goals will keep you motivated and focused throughout the semester.
- 5. Stay Flexible:** College life can be unpredictable, so it's important to stay adaptable. Be open to new experiences and willing to adjust your plans as needed.

By setting a strong foundation during your first month, you'll be well on your way to a balanced and successful college journey!



BOOST YOUR WELL-BEING

Safer Drinking Tips You Should Know

As the new semester begins, social gatherings and events can naturally become a part of college life. While enjoying these moments is important, it's essential to prioritize your safety, particularly when alcohol is involved. The safest thing you can do is not drink alcohol, but if you choose to drink, the following are ways to navigate responsibly. And of course, remember that the legal drinking age is 21!

- **Plan Ahead:** Before heading out, ensure you have a safe way to get home. Arrange for a designated driver, use public transportation, walk, or book a ride-sharing service like Uber or Lyft. It is also important to figure out where you will be going, who you will be with, and a meet up spot/time if you get separated. Having plans in place helps mitigate risks and ensures a safer experience for all.
- **Set a Personal Limit:** Before going out, decide on a specific number of drinks you'll consume and adhere to it. Setting a limit will help you stay in control and prevent excessive drinking.
- **Never Leave Your Drink Unattended:** 81% of Miners know where their drink has been at all times. Don't accept drinks from strangers or drinks where you don't know all the ingredients. If you leave your drink unattended your drink, get a new one to reduce the risk of tampering.
- **Eat Before and During Drinking:** Having a meal before you go out and casual snacking throughout the night can help slow the absorption of alcohol into your bloodstream. So bring those pretzel bags and goldfish- 67% of Miners do!
- **Stay Hydrated:** It is essential to drink water throughout the night to prevent dehydration; plus it helps you feel better during the event and the next day.
- **Avoid Mixing Substances:** Combining alcohol with other substances, such as drugs or even energy drinks, can have unpredictable and dangerous effects. Mixing substances can intensify the impact of alcohol, leading to impaired judgment and increased risks of accidents. If you choose to consume substances, exercise responsible practices and refrain from combining.
- **Look Out for Each Other:** Socializing in groups is not only enjoyable, but also safer. 71% of Miners always make sure to go home with their friends or somebody they know. If someone in your group seems to be having too much, make sure they are taken care of and have a safe way to get home.

College life is full of opportunities to create lasting memories, and social events play a big role in that experience. By following these safer drinking tips, you can enjoy these moments while ensuring your well-being and the well-being of those around you.

Did you know?

51% of S&T students report that they didn't drink any alcohol in the past year.* So if you are not drinking alcohol, know you are not alone! Remember that drinking does not have to go hand-in-hand with the "typical" college experience.

*2024 Missouri Assessment of College Health Behaviors

FEATURED RESOURCES

Academic Resources to Set You Up for Success

Student Success Center

The Student Success Center (SSC) is here to support you every step of the way! Whether you need help mastering difficult coursework, want to improve your study habits, or are looking for ways to get more involved on campus, the center offers a range of services to help you succeed. No matter your needs, the Student Success Center is your go-to resource for achieving your academic and personal goals.

- **Get Connected to the Student Success Center: 117 Innovation Lab, 573.341.7590, ssc@mst.edu**

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Career Opportunities and Employer Relations

Career Opportunities and Employer Relations (COER) is dedicated to helping you launch your professional journey with confidence. From organizing the campus career fair, where you can connect with potential employers, to offering workshops on resume writing and interview skills, we're here to ensure you're career-ready. Plus, check out the Professional Closet, where students can access professional clothing for free—perfect for interviews and networking events.

- **Get Connected to COER: 3rd Floor Norwood, 573.341.4343, career@mst.edu**

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Knack Tutoring

Knack is a peer-to-peer tutoring platform that connects you with fellow Missouri S&T students who have already excelled in your courses. Through Knack, students can book 1-on-1 or group tutoring sessions, available both online and in person, completely free. While the Student Success Center's Academic Tutoring primarily focuses on STEM courses, Missouri S&T aims to broaden support by offering tutoring services for all undergraduate students across all courses.

- **Get Connected to Knack: mst.joinknack.com (log in with your University SSO)**

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Student Accessibility and Testing

The mission of Student Accessibility and Testing is to assist in creating an inclusive and accessible university community where students with disabilities have an equal opportunity to fully participate in all aspects of the educational environment. They cooperate through partnerships with students, faculty, and staff to promote students' independence and to ensure recognition of their abilities. Some services include getting students set up with academic accommodations, residential life and dietary accommodations, individualized testing support, and working with faculty and staff to ensure accommodations are met.

- **Get connected to Student Accessibility and Testing: G10 Norwood, 573.341.6655, dss@mst.edu**

FEATURED RESOURCES

Collegiate Recovery Ally Training

The MACRO Collegiate Recovery Ally Training Program was designed to help faculty, staff, and students support individuals in recovery from substance use disorders.

This quick, online training will cover:

1. Substance use disorders and recovery
2. Myths and stigma about substance use disorders
3. Using person first, recovery friendly language
4. How to support someone seeking, or already in, recovery

This program takes about 30 minutes to complete. It is intended to be educational and should be completed in one sitting.

[Learn more and take the training here.](#) Become a recovery ally today!

988 Suicide & Crisis Lifeline

September is National Suicide Prevention Month, with September 10th being World Suicide Prevention Day. Knowing the resources that can help you or a loved one are vital- and one of the great resources to know is the 988 Suicide and Crisis Lifeline.

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. The lifeline is supported by a national network of crisis centers, meaning that when you call you can be connected to someone within your state/region who can get you connected to local resources and services. **You can call or text 988 at anytime for support.**

So what happens when you call 988?

1. First, you'll hear [this message](#) that gives you service selection options.
2. We'll play some hold music while you are connected to a counselor with our Veterans, Spanish-language, LGBTQI+ services, or your local 988 Lifeline contact center.
3. A counselor will say hello and introduce themselves.
4. Your skilled counselor will ask you if you are safe.
5. After they ask about your safety, your counselor will listen to you, understand how your problem is affecting you, provide support, and share any resources that may be helpful.

[Call or text 988 at anytime for support. You are not alone!](#)



MINDFUL MOMENT

What's in Rolla? A Guide to Our Favorite Spots!

Welcome to Rolla! Whether you are new in town or just looking to spice up your routine, we've got you covered for the best spots. Here's a list of favorites from our writers:

Giddy Goat



Coffee:

- Abbey (Senior, Computer Science): Giddy Goat
- Deb (Senior, Computer Science): Just Delicious
- Laura (Health Communications Specialist): Giddy Goat or Starbucks

CrepEscape



Ice Cream/Sweet Treats:

- Abbey: Sonic
- Deb: CrepEscape
- Laura: Soda & Scoops

Alex's Pizza



Local Eatery:

- Abbey: American Taco Company
- Deb: Tokyo Hibachi Food Truck
- Laura: Alex's Pizza Palace or Los Arcos

Audubon Trails



Outdoor Space:

- Abbey: Audubon Trails Nature Center
- Deb: Ber Juan Park
- Laura: Maramec Spring Park (technically in St.James but still close!)

Aldi



Go-To Grocery Store:

- Abbey: Aldi for food, Walmart in general
- Deb: Aldi for vegs and fruits, Walmart for what Aldi might not have
- Laura: Kroger and Aldi

Miner Oasis



On-Campus Space:

- Abbey: Upstairs in Havener
- Deb: Third Floor of the Library
- Laura: The Miner Oasis (201 Norwood Hall)- love that massage chair!

MINDFUL MOMENT

Freshman Focus: Extending Your Orientation Week Knowledge into the Rest of the Year

Starting college is like opening a new chapter in your life, and O-Week was just the first page. While it introduced you to on-campus resources, it was also a time to get comfortable with your new environment, start building connections, and begin exploring who you want to become during your college years.

Now that the week is over and some time has gone by, it's important to keep that momentum going. Continue using the resources you learned about, stay connected with the people you met, and don't be afraid to step out of your comfort zone.

Remember, college is not just about academics; it's about discovering yourself, collaborating with others, and making the most of every opportunity that comes your way.



GET IN TOUCH

-  wellbeing@mst.edu
-  [573.341.4211](tel:573.341.4211)
-  [sandtwellbeing](https://www.instagram.com/sandtwellbeing)
-  [sandtwellbeing](https://www.facebook.com/sandtwellbeing)

UPCOMING DATES

- All Month: [Recovery Month](#)
- September 10: [World Suicide Prevention Day](#)
- September 20-22: [Family and Friends Weekend](#)
- September 21: [Celebration of Nations](#)
- September 24: [Career Fair](#) - Internship/Co-ops
- September 25: [Career Fair](#) - Full time
- October 2: [Free Yoga Session for Students](#)

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.