

# STALL TALK

THE CENTER FOR HEALTH EDUCATION AND PROMOTION  
Volume 1, Issue 5 | 2024-2025

## GRAND OPENING!

Wednesday, January 22  
at 11am-2pm



**The Nest - Commuter Lounge**  
The new commuter lounge in the SMC is an essential part of the university's broader vision for supporting commuter students by fostering a sense of community, improving student well-being and addressing the unique challenges commuter students face. Giving commuter students a "home-base" on campus where they can rest, recharge, study and socialize aids in creating a sense of community and belonging.

@VilleCommuters

## SMART GOALS

### New Year. New Me.

The effectiveness of SMART goals in providing clarity, motivation, and accountability, increases the likelihood of success. Students who utilize SMART goals **accomplish more educational actions.**

(Aghera et al., 2017)\*

|  |          |   |
|--|----------|---|
|  | <b>S</b> | <b>Specific:</b><br>The goal must be very specific and grounded in something that's significant to you. |
|  | <b>M</b> | <b>Measurable:</b><br>The goal must have some sort of measurement (days, pounds, miles, etc.).          |
|  | <b>A</b> | <b>Achievable:</b><br>The goal must be realistic and reasonable.  |
|  | <b>R</b> | <b>Relevant:</b><br>The goal must relate to what you're hoping to accomplish.                           |
|  | <b>T</b> | <b>Time-bound:</b><br>The goal must have a timeframe and that timeframe must be reasonable.             |

## Orientation Leader Recruitment Week!

(Luks & Payne, 1992)\*

Students who serve in **leadership positions** on campus show increased sense of **belonging**, sense of **purpose**, and leadership development **skills**.

**Mon, Feb. 3 - Team Building, 6-8pm, SMC MPR**  
Join Orientation Programs for some team building and getting to know you activities!

**Tues, Feb. 4 - Knowledge, 6-8pm, SMC Room 118E**  
Trivia Tuesday! Come join us for a fun game of Wits and Wagers - Millersville edition!

**Wed, Feb. 5 - Wellness, 6-8pm, SMC Atrium**  
Enjoy a sweet treat with us and learn how self-care ties into being an Orientation Leader (OL).

**Thurs, Feb. 6 - Service, 12-1:30pm, SMC Atrium**  
Join us as we partner with Letters of Love to create letters of positivity and hope to children fighting illness.

**Fri, Feb. 7 - Commitment, 2-4pm, SMC Atrium**  
Wrap up recruitment week with a soft pretzel, goodie bag and an "I Applied!" sticker as a reward for taking the first step to becoming an OL!

Questions? Reach out to us! @ville.orientation

## Wellness week

### Did you know?

Peer Educators Molly and Yetunde received a **\$1,000 PA MASLOW Mental Health and Wellness Student Stipend**. They decided to use the money to provide all students with a week of activities focused on students' mental health, overall wellbeing and connectedness.

### Wellness Week: A Path to Mental Health & Belonging

Monday, Feb. 3  
**Mindful Moments: Yoga & Mindfulness Kickoff**

- 5-6:30pm in SMC Rec Center
- **FREE Yoga Mat** for first 20 students.

Tuesday, Feb. 4  
**Mental Health Matters: Screening & Fair**

- 11am-1:30pm in SMC MPR
- **FREE Crewneck** for first 200 students to complete tabling AND anxiety/depression screening.

Wednesday, Feb. 5  
**Coffee Chats: Mental Health Conversations**

- 10:30am-1pm at Evergreen Cafe
- **FREE \$5 Voucher** to Evergreen for first 150 students who interact with a mental health specialist.

Thursday, Feb. 6  
**Artful Solutions: Art Journaling Workshop**

- 4-5pm in SMC Atrium
- **FREE Art and Journaling Supplies** for students.

## Are you experiencing SAD?

### Symptoms:

- persistent low mood
- loss of interest in activities
- low energy and fatigue
- changes in sleep patterns like oversleeping
- changes in appetite, cravings for carbohydrates
- difficulty concentrating
- feelings of hopelessness
- feelings of worthlessness
- thoughts of self-harm or suicide

**Seasonal Affective Disorder (SAD)** is a subtype of depression that follows a seasonal pattern, typically emerging in late fall and early winter and remitting during spring and summer. This condition is believed to be linked to reduced sunlight exposure, which can disrupt the body's internal clock (circadian rhythm) and lead to biochemical imbalances.

### Treatment Options

- **Light Therapy:** Exposure to bright artificial light for about 20 to 60 minutes each morning. This therapy aims to compensate for reduced natural sunlight and has been shown to alleviate symptoms in many individuals.
- **Psychotherapy:** Cognitive Behavioral Therapy helps individuals identify/modify negative thought patterns and behaviors providing coping strategies.
- **Medications:** Antidepressants address chemical imbalances in the brain contributing to depression.
- **Vitamin D Supplementation:** Given the association between low vitamin D levels and SAD, supplementation may be beneficial.

(US Department of Health)

## Involvement Fair

(Center for the Study of Student Life, 2020)\*

**1.8** times more likely to **have a job offer** at graduation *and*  
**1.7** times more likely to **pursue graduate school** than their non-involved peers.

Join Campus Life at the spring Involvement Fair!  
**Thursday, January 30 at 11:30am-1:30pm**

Use your Get Involved **Corq** app to stay up to date on events & stay engaged w/ student orgs.

## Looking for more involvement opportunities?!

Students who participate in **FSL** are **more likely to persist** at college. (Dickamore et al., 2020)\*

### Consider joining a fraternity or sorority this semester!

- Fraternity & Sorority Life (FSL) within the department of Campus Life, recognizes 21 organizations for students to join.
- Follow us on Instagram @MillersvilleFSL to learn more.
- Email FSL@millersville.edu with any questions.
- Check out our webpage to review our policies and resources.

Interested in joining a Panhel Sorority? Register for primary recruitment, a weekend of events to meet all four sororities and receive a bid to join one. The dates are February 6-9. Registration closes Monday, February 3rd.

## Start the Semester Strong!

1. **Find a study zone.** Even if your course is offered online, you'll need more than a laptop to do your best work. Find a place with limited distractions and noise levels conducive to concentration, like a quiet corner in your home or a local library.
2. **Train your brain.** Your brain is just like any other muscle in your body. The more you exercise it, the stronger and more agile it will be. Set up routines to help you be successful in school and work.
3. **Connect with classmates.** We're all in this together. Study groups can be a great way to explore challenging course concepts. Classmates can hold you accountable to deadlines.
4. **Know your resources.** Schedule an in-person, email, or Zoom appointment; most tutors meet regularly on campus and online.
5. **Make a plan.** Determining what comes first and what can wait until the term is over will help you keep your sights in focus when your to-do list starts growing.
6. **Ask questions.** Get ahead of potential problems and issues by asking questions right away. Whether you have questions about a specific assignment or project, or you need assistance with the course material, it's always best to ask your professors and get the help or clarification you need.
7. **Visit the Center for Counseling & Human Development.** Situated on the 3rd floor of Lyle Hall, the Center supports the mission of the University by enhancing students' emotional, social, and personal development. **Services include** individual counseling, group therapy, crisis intervention, light box therapy and psychiatric services. Call 717-871-7821.
8. **Visit Health Services.** Located in the Witmer Building, Health Services provides medical care and health education to students. **Services include** evaluation and treatment of acute illnesses, mental health concerns, injuries, women's health services, sexually transmitted infection testing and treatment, and laboratory services. Appointments can be scheduled with physicians, nurse practitioners, or registered nurses. Call 717-871-5250.



Millersville University

ELSIE S. SHENK CENTER FOR HEALTH EDUCATION AND PROMOTION

Division of Student Affairs

Follow us on Instagram: @PeersEducate

Text "WELLNESS" to 71444

\*Full citation available by request. Email [chep@millersville.edu](mailto:chep@millersville.edu)