

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

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Falling Behind?

Here are some resources and tips that may help:

5 tricks for Studying with Tutors:

Tutoring (Free, Available in CASE)

1. Introduce yourself or ask a staff member to help you make the connection with a tutor
2. Bring course materials including books and PowerPoints
3. Focus upon a specific question or problem
4. Advocate and voice your need for clarification
5. Thank the tutor and set a date in your planner to visit them again

AccessABILITY Resources:

(For students with a documented disability)

Please reach out to Wendi Richards
richarwa@cobleskill.edu or take a look at the AccessABILITY Resources webpages for additional information.

Academic accommodations can be requested at anytime provided you have the documentation.

TICK, TICK, TICK

Fall is a beautiful time to get outside, hike to see the changing leaves, and enjoy the crisp Autumn air but BE AWARE- ticks might be hitching a ride back inside.

Ticks can vary in size and be as small as a poppy seed!

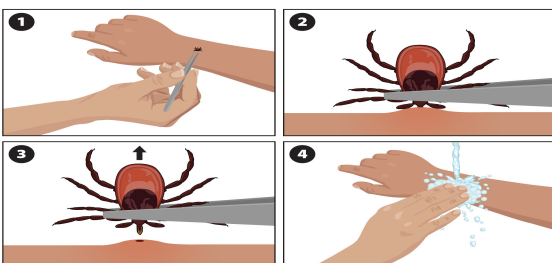
Step 1: Prevention

- Wear bug spray
- Wear long sleeves, pants, high socks
- Light colors will help you see ticks more easily

Step 2: If you've been outside- check for ticks

- Areas such as knees, groin, neck, and ears

Step 3: If you have an attached tick:



Step 4: Monitor yourself for symptoms

- Flu like symptoms
- Bullseye rash

STUDYING 101
HOW TO STUDY MORE EFFECTIVELY!

#1 BEFORE CLASS

- Read your assigned readings **BEFORE** you get to class!
- Explain concepts and ideas in your **own words**.
- **HIGHLIGHT IMPORTANT** information, definitions, and ideas! (don't forget to **COLOR CODE!**)

REMEMBER: Write down all questions you have!

#2 IN CLASS

- Take **GOOD Notes!** (short hand abbreviations can help you write faster!)
- If you don't get it, **ASK QUESTIONS!!!**
- If you made yourself a **STUDY GUIDE** add comments from class discussion!

#3 AFTER CLASS

- Make a new **STUDY GUIDE**
- **Condense** your notes in your own words!!
- **TRANSFORM** important info into easier forms for review.
- **STUDY YOUR STUDY GUIDE!**

#4 REVIEW!

- The weekend after class, spend **30 mins** a day reviewing your **STUDY GUIDE**.
- Quiz yourself! Make it **FUN!**

#5 PREP 4 EXAMS

- Schedule your test dates on a **CALENDAR**:
- Decide **what, when, & how** you will study each day and **ADD IT** to your calendar.
- **STICK TO YOUR PLAN!**

VISIT **GETSCHOOLED.COM**
OR TEXT 33-55-77
IF YOU GET STUCK!



Fall Into Meditation

Take a moment to sit in a comfortable position outside.

Taking deep, slow breaths, focus on birds serenading you through the trees and the sound of the breeze in the leaves.

Notice the leaves as they change color and prepare for the winter ahead, falling gently to the ground.

Just as the leaves surrender to the next season of their lives, we too must prepare for the next season of our own.

What things need to be pruned away from your life, and which should you tend to in order to grow the future you strive for.

Nature slowly and deliberately moves to harmony and sustainability. We too must tune into the process of change in order to move forward in our own way.

Inspiration from: <https://mindfullivingnetwork.com/leaves-blowing/> and <https://chopra.com/articles/letting-go-a-guided-meditation-for-fall>

The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Directors Lynn Ontl at 518-255-5225