

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...

HERE'S SOME NEWS YOU CAN USE!



Guess who's back, back again. Can Chronicle is back. Tell a friend!

August 2021

Editor: Danielle Reu, LMHC

The Wellness Center would like to welcome all new and returning students to campus. We are glad to have you here!

NEW HERE?

Welcome!

I'M SO HAPPY YOU ARE HERE

If you have not completed the Health and Immunization requirements through the online student health portal, located at <http://cobleskill.medicatconnect.com>

please do so immediately.

If you need assistance, please call or stop down to the Beard Wellness Center.

9 Tips to Start the Semester Off Right!

1. Set goals
2. Use a calendar
3. Review your syllabi
4. Attend classes
5. Stick to a schedule
6. Schedule down time
7. Engage in physical activity
8. Stay healthy
9. Be optimistic

Source: <https://lifestyle.allwomenstalk.com/ways-to-start-off-the-semester-right/>



1 REALIZE YOUR FEAR IS IN YOUR HEAD

(It's not as scary as you think!)

2 START WITH PEOPLE YOU KNOW

(Reach out to acquaintances; Join existing cliques; Meet friends' friends; Accept social invitations)

3 GET YOURSELF OUT THERE

(Join meet-up groups; Attend courses; Volunteer; Go to parties)

4 TAKE THE FIRST STEP

(Say hello - It's about being sociable!)

5 BE OPEN

(Don't judge. On an emotional level, open your heart.)

6 GET TO KNOW THE PERSON

(What does he/she do? What are his/her values? What are his/her passions? Goals? Dreams? What motivates/drives him/her?)

7 CONNECT WITH GENUINITY

(Warmth, love and respect build friendships)

8 BE YOURSELF

(Don't change yourself for anyone else)

9 BE THERE FOR THEM

(That's what friendships are about!)

10 MAKE THE EFFORT TO STAY IN TOUCH

(Takes two hands to clap!)

© Celestine Chua; Full article: <http://personalexcellence.co/blog/10-tips-to-make-new-friends/>

Did you know the Wellness Center gives **free** visits?*

- | | |
|-----------------------------------|----------------------------|
| ☀ Acute care of illness or injury | ☀ Immunizations |
| ☀ Emergency contraception | ☀ Women's Health |
| ☀ HIV testing | ☀ STI screening |
| ☀ Laboratory Services | ☀ Medication Management |
| ☀ Mental Health Counseling | ☀ Psychiatric consults |
| ☀ Telepsychiatry | ☀ Substance Use Assessment |
| ☀ Nutrition | ☀ Health education |
| ☀ Wellness coaching | |

*Services are part of your student health fee

(Lab work or supplies such as crutches are billed to your insurance, any applicable co-pays/costs are then charged to your student account)



The Wellness Center is open
Monday-Friday 8:00 a.m. - 4:15 p.m.

- ❖ Call to schedule an appointment. We will do our best to accommodate same day appointments.
- ❖ Only the scheduled student will be allowed in the Wellness Center.
- ❖ Do not arrive more than 15 minutes prior to your appointment time.
- ❖ You may access your Patient Portal through your phone and check-in prior to your appointment.
- ❖ If you are experiencing any COVID symptoms please call the Wellness Center and ask to speak to a Medical Provider prior to entering the Wellness Center.

Wellness Center Programs

Monday Morning Meditation

Set Your Positive Intention For The Week
Mondays – 10:00am

Grounded and Growing

Establish Your Roots And Grow Your Potential
Thursdays - 1:00pm – 1:30pm

Lower Brickyard Point Conference Room
(location subject to change)

The Wellness Center

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 Director Lynn Ontl at 518-255-5225

If everyone pushes together, even a mountain can be moved....Malayalam Proverb