

The Outhouse

News you can use
When you gotta go...

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March is Irish-American Heritage Month!



Irish pubs are not just a place to drink, but are known for their culture. Throughout history, pubs have been known for hospitality and comradery. Today, many pubs are places you can find traditional Irish food and music, and many even have interesting quirks and themes, including paranormality or Lord of the Rings.

Interesting facts about alcohol consumption & culture...

In Kiev, Ukraine, drinking is seen as a sign of masculinity, the biggest consumers being middle-aged men.



South Koreans are the largest per capita alcohol consumers in the world, with Soju being their drink of choice.

Did you know...

Approximately 1/3 of individuals of East Asian descent experience "Asian glow," a condition that results in facial flushing, nausea, and itchiness due to a difference in enzymes that break down alcohol.

Those who have this condition & choose to drink may have an increased risk of cancer.

ARE YOU FAMILIAR WITH SIGNS OF ALCOHOL DEPENDENCE?

Regularly binge drinking (4-5 drinks within a two-hour period)

Grades deteriorating

Less interest in extracurriculars

Isolating or spending more time with others who abuse substances

Having cravings for alcohol

Engaging in reckless behavior

Changes in appearance

Mood swings

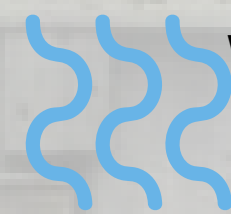
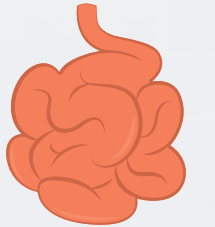
Not being able to stop

If you or a loved one struggles with alcohol dependence, there is no shame in seeking help!

March is Women's History Month!

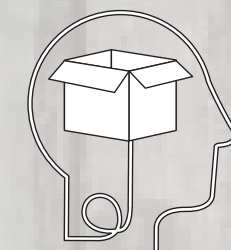
Fun facts about women's bodies that you may not know:

Women have longer sigmoids (the lower portion of the colon) than men, making them more likely to experience distress in their midsections



Women tend to have a stronger sense of smell than men, especially at childbearing age compared to pre-teens or post-menopausal women - possibly due to hormones.

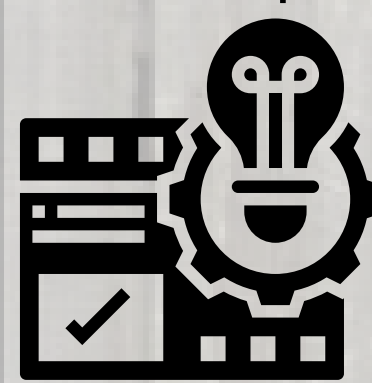
Women tend to experience pain more intensely. While high levels of estrogen can help dampen pain, lower levels during the menstrual cycle or after giving birth can cause a more intense physical response.



Women's brains tend to have a bigger hippocampus - the part of the brain critical to learning and memorization - than men, explaining why women often recall stronger, more vivid memories of emotional events than men do.

MIDTERMS SEASON IS UPON US...

Tips for studying smarter, not harder

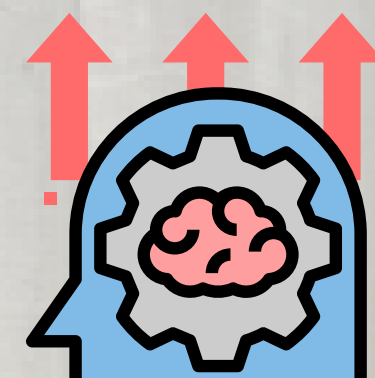


Elaborative Interrogation

Asking yourself, questions like, "how do I know this is true?" can help you consolidate information and improve your memory.

Self-Explanation

Stepping away from your textbook, explaining things to yourself as you go through summarizing information, and creating association is a great indicator of whether you really understand the material.

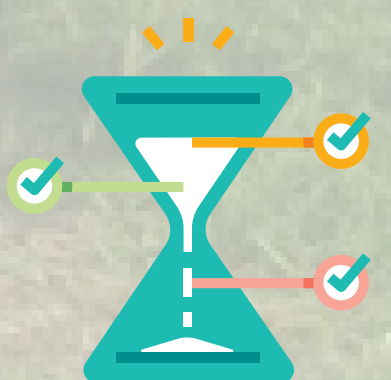


Practice Testing

Study the material the way that you will be tested on it. Use flash cards, re-write information and rehearse it, search the internet for practice tests - all of this helps with memory retrieval.

Distributive practice

Cramming - we've all done it at some point. However, spacing out your studying as much as you can will help you solidify the information into long-term memory more than cramming will.



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 Co-Director Lynn Ontl at 518-255-5225

