

THE CAN CHRONICLE

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

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Peer Educator Corner

STRESS

Sianna Mercado & Amanda Eichler

Stress is something we all experience, whether it's over a particular class, or over the responsibilities we have in day to day life. There are several tactics available that you can use to help reduce stress, including:

- **Deep breathing**
It's proven that slowing your breathing will decrease your heart rate and blood pressure, relax your muscles, as well as increase your oxygen intake.
- **Getting enough sleep**
As impossible as getting enough sleep seems, it is essential for your overall health. Lack of sleep can cause stress to worsen. You will be more successful if you sleep the night before the exam instead of cramming!
- **Limit caffeine**
Occasional consumption of caffeine won't hurt, however drinking in excess has been shown to aggravate stress levels.

NEW COURSE OFFERING



Need to complete your Wellness Requirement for your degree? Here is a new class: PHED 199 Life and Stress Management.

This interactive new course will help you learn to manage your life, decrease your stress, and re-wire your brain. Content and techniques will be based on recent neuroscience research. This 1 credit class will be co-taught by Dr. Anne Hopkins Gross, VP of Student Affairs and the Wellness Center. Included in this class will be individual and group coaching. Experiential topics include attention, emotion, and cognitive regulation, compassion, resiliency, self-care strategies.

**Feeling Sick?
Not sure if
you should go
to the
Wellness
Center?**



Call and leave a voicemail for a Wellness Center

Nurse

518-255-5622

M-F 8 am - 4:15 pm

This is for non-emergencies only

CASE is the Place!

Wendi Richards, Assistant Director of Educational Support Services

The Center for Academic Support and Excellence (CASE) is for everyone! Tutoring is Free and Unlimited. If you have had an IEP or 504 Plan in high school it's never too late to meet with Wendi Richards in AccessABILITY Resources (AR) located in CASE to discuss an accommodation plan. Don't try to do this alone, we are here to help! Email dss@cobleskill.edu for more information or to submit your documentation of disability.

Common learning disabilities

- **Dyslexia** – a language-based disability in which a person has trouble understanding written words. It may also be referred to as reading disability or reading disorder.
- **Dyscalculia** – a mathematical disability in which a person has a difficult time solving arithmetic problems and grasping math concepts.
- **Dysgraphia** – a writing disability in which a person finds it hard to form letters or write within a defined space.
- **Auditory and Visual Processing Disorders** – sensory disabilities in which a person has difficulty understanding language despite having normal hearing and vision.
- **Nonverbal Learning Disabilities** – a neurological disorder which originates in the right hemisphere of the brain, causing problems with visual-spatial, intuitive, organizational, evaluative and holistic processing functions.

Not all great minds think alike

Did you know that Albert Einstein couldn't read until he was nine? Walt Disney, General George Patton, and Vice President Nelson Rockefeller had trouble reading all their lives. Whoopi Goldberg, Charles Schwab, and many others have learning disabilities which haven't affected their ultimate success.

Flu



Anyone can get the flu (even healthy people) - and serious problems from flu can happen at any age. We usually recommend that college students get a flu shot because the flu is easily spread in residence halls and other typical college settings. In addition to getting a flu shot, college students can protect themselves and others from the flu by:

- Following good hygiene habits (like washing your hands with soap and water) and avoiding people with flu-like symptoms.
- Avoiding touching your eyes, nose, or mouth because your hands may be contaminated with flu germs.
- Coughing or sneezing into your sleeves or tissues, instead of your hands.
- Not going to school or work if you think you're sick, and limit your contact with others.

Here are a few reasons why you absolutely need to get a flu vaccine this year:

- Influenza (the flu) circulates all over the world, and it can affect anyone, regardless of their age or health.
- The flu can lead to complications like pneumonia, ear infections, and sinus infections. It can also worsen existing conditions, like asthma or diabetes.
- Each year thousands of people in the U.S. die from the flu and its complications.

Students can set up an appointment for a flu shot at the Wellness Center. A \$20 fee will be billed to your Student Account.

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)