

THE CAN CHRONICLE

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

September 2016 Issue 1

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BREAKING THE SILENCE THROUGH EDUCATION CARL ANTISELL

A discussion about anxiety, depression, substance use and suicide prevention. Learn the tools to maintain positive mental health.

Tuesday, September 20th
7:00 p.m.
Upper Champlin

Red Zone Recap

The first six weeks of the semester is known as the Red Zone. It is called the Red Zone, because there are more sexual assaults reported on U.S. college campuses during this time than at any other time during the school year. Freshmen are especially vulnerable to sexual assault during this time for several reasons, including:

- Students are meeting new people, trying to fit in, and may have lowered their guard.
- Students may be participating in certain activities for the first time.
- Students have less parental supervision and increased independence, which may lead to certain behaviors such as experimenting with alcohol or other drugs.
- Students are adjusting and getting oriented to a new environment.

Peer Educator Corner

Welcome to the Peer Educator corner! Here you will be seeing articles submitted from our campus Peer Educators. The Peer Educators are students on campus that work out of the Wellness Center doing health education around campus. You can also catch the Peer Educators around campus with their green wellness wagon, set up at tables and in residence halls performing health education programs. For more information about the Peer Education program, you can email peereducators@cobleskill.edu or like their Facebook page www.facebook.com/peereducatorcobleskill/.

Editors' correction: Dr. Anne Hopkins Gross started working at SUNY Cobleskill in June of this year.

Welcome Katherine "Katie" Feeney



The Wellness Center is pleased to introduce **Katherine "Katie" Feeney** as one of our newest staff members. Katie grew up in Cortlandt Manor, New York where she graduated from Hendrick Hudson High school. She went on to pursue a Bachelor of Science in Health Science at SUNY Brockport. While completing her undergraduate education she was a member of the Educational Opportunity Program, the Honors Society and Alpha Phi Omega Co-Ed Service Fraternity. Katie then went on to receive her Master's Degree in Public Health with a concentration in Social Behavior and Community Health from SUNY Albany. Part of her master's program required that Katie complete two internships. During the summer of 2015, Katie completed her first internship in Quito, Ecuador for Centro de la Niña Trabajadora (CENIT). There she developed and began implementing the Zona Sin Dulces program to improve the dental health of children ages 3-25. When she returned from her summer internship, she began an internship for SUNY Cobleskill in Health Education. She joined our staff full time this semester. Katie enjoys hiking and baking and will be getting married this coming June. Her office is located in the new addition of the Wellness Center. Make sure to stop by and say hello.

TIPS FOR SETTLING IN

1. **Get Involved! Don't Wait!** Get involved your first few weeks of your first year. This will allow you to meet friends, be part of a social group, as well as make a difference in the college, and you will have a healthier attitude regarding college altogether.
2. **Eat and sleep regularly.** It is very important to eat and sleep on a schedule. Make sure you eat three healthy meals a day and sleep at least eight hours a night. You will feel happier and healthier and better able to adjust to college life.
3. **Manage stress.** Manage your stress by working out, practicing yoga, deep breathing, or any other method you find helpful. When you are not stressed out you will be able to adjust to college life and accept all of the new ways of doing things. However, if you stay stressed out it will influence your grades as well as your health.
4. **Stay focused.** While college can be so much fun, it might be difficult to stay focused on your work. Remember why you are at college in the first place and think of it as your full-time job now that you are an adult. You want to get a degree and ultimately a good job. So, focus on your major and where you want to go in your life more than where the best party is this weekend. You can still look for extracurricular activities but keep your mind focused on your work more.
5. **Attend every class.** Class attendance in college is not the same as high school. Many times attendance is not even taken. It is easy to skip class for more exciting things. However, if you don't go to class you will find it difficult to learn what you need to for the exams, papers and you may miss pop quizzes. You should attend every class unless you are seriously ill. In the event you must miss a class, let your professor know why and ask if you can get the notes.
6. **Communicate.** College is a time when you will meet many new people that may have completely different views than your own. Make sure you always communicate openly and honestly about your feelings while respecting other people's feelings as well.

SUNY Cobleskill does not tolerate sexual violence.



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)