

# THRIVE Newsletter 11.19.19 (Senior)

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## Announcements

### **Take a Survey - Win a \$100 Amazon Gift Card!**

The University of Scranton cares about your health and wants your help to build a healthy campus community! Please consider filling out the Scranton Health Survey that was emailed to all undergraduate students from The American College Health Association on November 17th. ***FIVE students who participate before midnight tonight will win a \$100 Amazon Gift Card!***





Data from this confidential, voluntary survey provides the University with information about health issues impacting our students and guides prevention efforts and resources needed to best support our students.

This survey is administered triennially and closes tonight at midnight, so don't miss your opportunity to shape the University's health and wellness offerings for the next three years!

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## Important Dates

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- **Last Day of Class before Thanksgiving Break** (Tuesday, November 26)
- **University Housing Closes** (Wednesday, November 27)
- **University Housing Re-opens** (Sunday, December 1)
- **Classes Resume after Thanksgiving** (Monday, December 2)
- **Last Day to Reschedule a Final Exam** (Monday, December 2)
  - Students with three or more final exams scheduled on the same day ([according to the Registrar's Final Exam Schedule](#)) may have one of their exams rescheduled.
  - For more information on rescheduling final exams, please consult [this policy](#) for more information.
- **Dead Week** (Tuesday, December 3 - Monday, December 9)
  - "Dead Week" is the final week of classes before Final Exams.
  - Professors are **NOT** permitted to administer **in-class exams** during this time. Students should contact their college dean with concerns.

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## Involvement and Job Opportunities

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- **Center for Student Engagement Federal Work Study**

- The CSE Work Study supports the daily operations of the Center for Student Engagement.
- Responsibilities include speaking with diverse University constituents in person and on the phone, running errands across campus, and implementing small office projects.
- For more information on applying, please [review the application here](#) or [contact Lisa Bealla here](#).

- **University of Success Work Study**

- The University of Success is a pre-college program that helps first-generation, high school students with the college application process.
- Responsibilities include mailing monthly letters, collecting and organizing data, and mentoring high school students monthly.
- For more information or to apply for this position, please [email Maria Vital here](#).

- **Part-Time After-School Program Leader**

- The Nativity Miguel School is seeking a motivated and creative individual to schedule volunteers, assist with various programs, and perform other assigned duties. The program runs four days per week from 2:00pm to 4:45pm.
- Compensation is commensurate with experience (\$12 - \$15 per hour).
- For more information or to apply for this position, please [email a resume to Principal Timothy Casey here](#).

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## First-Gen Perspectives

*MGHClayCenter | Self-Care in College*

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As final exam season approaches, we wanted to highlight the ways in which students across the country practice self-care and increase their resilience during challenging points in their semesters.

The students featured below recorded these messages as part of a collaboration with the Clay Center for Young Healthy Minds, a free, online resource dedicated to promoting and supporting the mental, emotional, and behavioral well-being of children, teens, and young adults.





Four students share their personal self-care techniques, while reflecting on their challenges in college.

If you or someone you know would like more information on self-care or increasing resilience, please contact the [Center for Health Education and Wellness](#) (CHEW; featured below) or the [University Counseling Center](#). If you would like to learn more about the Clay Center for Young Healthy Minds, [click here](#).

**Click Here for More First-Gen Perspectives!**

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## Resource Spotlight

*Center for Health Education and Wellness*

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- The **Center for Health Education and Wellness (CHEW)** helps students, faculty, and staff to gain knowledge, practice skills, and form habits that lead to healthy and balanced lifestyles.
  - **Location:** DeNaples 205K
  - **Hours:** Monday - Friday, 8:30am - 4:30pm
  - **Contact:** 570.941.4253 | [chew@scranton.edu](mailto:chew@scranton.edu)





- **Expertise includes:**

- Stress management
- Self-care techniques
- Alcohol & drug resources
- Weekly wellness classes
- Mental health screenings
- Late Night programming
- Peer health education
- Tobacco cessation

*Want to host or attend a Late Night program on campus? Eager to quit using tobacco, but not sure how to do it? Interested in learning more about mental health? The Center for Health Education and Wellness can help!*

- Access Late Night programming information [here!](#)
- Learn about free tobacco cessation resources [here!](#)
- Complete a free and anonymous mental health screening [here!](#)



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## First-Gen Advocate Spotlight

### *Stephanie Adamec | CHEW*

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*Steph Adamec shares her top ten tips for first-gen students seeking to build resiliency - the ability to 'bounce back' from setbacks.*

**Tip 1: Make Connections**

Accepting help and support from family, friends, and people on campus (RAs, faculty, staff, etc.) during times of struggle can make a big difference.



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**Tip 2: Practice Self-Compassion**

Instead of ruminating about what you should have done differently next time you experience a setback, treat yourself with the same kindness you would show a friend. Positive self-talk improves mood and productivity.

**Tip 3: Remember Your Comebacks**

When you encounter a challenge, think about times that you've overcome a setback to remind yourself that you're strong.

**Tip 4: Have a Growth Mindset**

Re-frame struggles as opportunities for growth, instead of labeling them as failures. Remember that everyone is a work in progress and that 'failure' can be an excellent teacher.

**Tip 5: Normalize Failure**

Accept that change and setbacks are part of life, and understand that one can adjust one's goals.

**Tip 6: Practice Optimism**

Visualize good things happening, instead of worrying about what might go wrong. Optimism can be learned, so surround yourself with positive people and practice gratitude.



*Steph Adamec serves as the Director of the Center for Health Education and Wellness (CHEW).*

**Tip 7: Prioritize Self-Care**

Ensure that you get enough sleep, exercise, eat properly, and have fun. Find activities that you enjoy and that you consider relaxing.

**Tip 8: Set Goals**

Develop realistic goals, and take small, consistent steps to reach your goals. Celebrate small accomplishments along the way!

**Tip 9: Laugh**

Humor allows us to not take ourselves too seriously, and studies have consistently shown that laughter decreases pain and strengthens the immune system.

**Tip 10: Help Others**

Volunteer, donate, and otherwise take time to support others. Helping others in need can help you to keep your challenges in perspective.

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## Upcoming Events

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- **LIVA Presents: A Funny Thing Happened on the Way to the Forum**
  - Join the LIVA Arts Company for its fall production! Tickets are \$5 for students and can be purchased at the door.
    - Thursday, November 21 - Saturday, November 23
    - 8:00pm - 10:00pm (Saturday Matinee: 2:00pm - 4:00pm)
    - Loyola Science Center (LSC) Room 133

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- ***Beyond the Commons***

- *Network with Scranton alumni who share common interests or majors, while enjoying a **free dinner** in downtown Scranton!*
  - Friday, November 22
  - 5:30pm - 7:30pm
  - Downtown Scranton

**RSVP Here**

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- ***THRIVE Advisory Board Meeting***

- *Help us to plan our events for the spring semester, while meeting fellow first-gen students and staff members!*
  - Tuesday, December 3
  - 5:00pm - 6:00pm
  - DeNaples (TDC) 406



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