

STUDENT ENGAGEMENT

Weekly Newsletter

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YOUR First 8 Weeks

We know that starting classes can be overwhelming. Your attention is pulled in a lot of directions; most of you are working and going to school, and many of you have family responsibilities as well. Getting back into school can be a challenging transition-- whether it's been 3 weeks, 3 months, or 30 years since your last class.

To help you stay focused and get connected, we've put together a guide to help you focus on what is important throughout the first half of the semester to set you up for success now and into the future. See below to find a guide to your FOURTH week!



Week 4: My Wellness

Self-Care is more than a trend! Students lead incredibly busy and stressful lives and it's important for you to prioritize your emotional, mental, and physical health so you can stay focused in school.



THIS WEEK YOU SHOULD FOCUS ON:

Mental/Emotional Health

- College is hard. Life is hard. Make sure you aren't making it harder by ignoring your own mental health. Take breaks, go outside, ask for help, and talk to someone when you need it.
- Attend the Suicide Prevention 101 Workshop on Wednesday from 1-2pm in the Wellesley Alumni Board Room.
- Connect with our Counseling Services (Confidential, free, and here to help you succeed www.massbay.edu/counseling).
- Participate in Mindful MassBay every Monday at 1:00pm (Board Rm) and Thursday at 3:30pm (Library Conference Rm. B) Counseling Services creates space for students and staff to practice mindfulness, distress, and take a break. Check out a session.

Physical Health

- Staying physically active is important to leading a balanced life!
- Students can use the Recreation and Wellness Center for free, Monday-Friday 9am-5pm during the semester.
- Attend the Wellness Workshop "This Job is Killing Me" for tips on balancing your physical health with work and school on Thursday from 1-2pm in Framingham Room 205/206.
- Join the MassBay Step Challenge (more information below).
- Attend the Open Rec Hours this Wednesday 11am-2pm. One of the MassBay Athletic Coaches will be there to walk you through using the equipment we have on campus to get in a great work-out after class.

Learn about our Food Resources

- We know it's hard to focus in class when you are hungry, so MassBay staff, faculty, and students have worked to create a wide variety of food resources for our students.
- Check out what is available to you at www.massbay.edu/snacc.



STEP Challenge

October 7 to December 8

Each member of the winning team will get a \$50 Amazon giftcard!

- 1 FIND YOUR TEAM**
 - Teams of 3-10 can register for the challenge.
 - Only MassBay students, staff, and faculty can join a team.
 - If you cannot find a team, register as an individual and we will automatically assign you to a team.
- 2 SIGN UP**
 - The deadline to register is noon on Wednesday, Oct. 2.
 - Once you have your team, please register online at www.massbay.edu/studentengagement
- 3 START WALKING**
 - The challenge goal is for each team member to achieve 10,000 steps per day. Teams are ranked by the average number of steps for all members of that team.
 - You may use the step tracking device of your choice to count steps. The only requirement is that step count data can be verified.
- 4 REPORT YOUR STEPS**
 - All individuals will submit their daily step count by 2 p.m. of each day (starting on Tuesday, October 8) to report the previous day's steps.

FOR MORE INFORMATION:

Visit: www.massbay.edu/studentengagement

Email: studentengagement@massbay.edu

