



University of New Haven

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HOLISTIC WELLNESS NEWSLETTER

Office of the Dean of Students

DISCOVERING HOLISTIC WELLNESS



PRIORITIZING YOUR WELLNESS

SUPPORT DURING FINALS

UPCOMING EVENTS



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PRIORITIZING YOUR WELLNESS DURING FINALS

As the semester comes to a close, many students are working to complete capstone projects, prepare for exams, and submit final assignments. We recognize that this time can be increasingly stressful for students and that prioritizing wellness while juggling your academic requirements can seem challenging. However, we know that prioritizing your personal wellness and care is essential in the overall support of your academic performance. Read below to learn how you can prioritize your wellness!

SLEEP IS ESSENTIAL

While not getting adequate hours of sleep may seem like a normal part of the college experience, it can harm your overall well-being and impact your academic success. Sometimes, we shortchange our sleep habits to allow for more studying or social engagement, but getting inadequate sleep can impact your ability to focus, your mood, ability to cope, and energy. Below, you will find some tips to help you achieve adequate rest.



- Ensure you are getting 7-9 hours of sleep per night.
- Getting quality sleep means disruption-free sleep.
- Try to establish a sleeping schedule that remains consistent every day.
- Practice time management. This will help ensure you are not sacrificing your sleeping schedule.
- Move your body: physical activity of at least 30 minutes a day can help improve sleep.
- Prepare your brain for sleep: put electronic devices (laptop, phone, and TV) away for at least 30 minutes before you intend to go to sleep.
- Be mindful of caffeine intake and how it may affect your sleep.

Adequate sleep can improve your quality of life; make sure you prioritize it!

PRIORITIZE YOUR MENTAL HEALTH AND SELF-CARE

- Consider engaging in self-care by making time for your favorite hobbies, connecting socially with others, and visiting campus resources such as the Beckerman Recreation Center & the Myatt Center.
- Take care of your basic needs first (eating, drinking water, personal hygiene, sleep).
- When you experience stress, consider utilizing the following self-care activities: journaling, going for walks, meditation, yoga, spending time with friends, reading, listening to music, and/or engaging in other various creative outlets.
- Several programs will be held before and during finals week. Take a moment to enjoy these events in between studying.

THE CENTER FOR LEARNING RESOURCES (CLR), FINALS, AND YOU

We know that finals can be challenging. Tackle your preparation with support from a tutor, have a CLR professional look over a project, ask a peer tutor about what concepts they think are most important to remember, meet a future friend as you study for the same subject, and, most importantly, get enough sleep!

WHAT IS THE CLR?

The CLR is the Center for Learning Resources. It's the University's tutoring center, and all tutoring services are free.

WHERE IS THE CLR?

The CLR is in the lower level of the Peterson Library. There are about 120 tutors on staff, with some working at the Orange Campus (business) and in Dodds Hall (music)

WHAT SUBJECTS DOES THE CLR TUTOR?

All of them! Many students come in for help in their calculus, chemistry, physics, and biology courses. In those subjects, there is always a diverse mix of peer and professional tutors available. If you want help in something such as Arabic or graphic design, the CLR has that, too. For these topics, Students are best served making an appointment in advance.

WHAT IS TUTORING LIKE DURING FINALS?

The CLR is open in person from Monday to Thursday, 10 a.m. to 8 p.m. There are also Zoom hours Monday to Thursday from 8 a.m. to midnight and some availability on Fridays (Zoom) and Sunday afternoons (Zoom and in-person).

Tutors serve through noon on Monday, May 6. The CLR always takes drop-ins, but it's best to make an appointment, particularly during finals, using Navigate, by emailing clr@newhaven.edu, or by visiting the lower level of the Peterson Library to speak with a receptionist.

All CLR tutors are experts in their fields. Peer tutors have successfully completed all courses in which they tutor. Professional tutors hold advanced degrees and have years of experience. Everyone is trained in metacognitive learning strategies, meaning that they don't just give answers to questions, but they help students learn how to approach and solve problems.

HERE ARE A FEW STUDY TIPS FROM TUTORS AS FINALS APPROACH

- Break work up into smaller chunks
- Break studying into sessions done at regular intervals
- Make flash cards (get free physical flashcards in the CLR)
- Solve practice problems without looking at answers first
- Explain a concept to a friend
- Quiz yourself
- Diagram

*You got
this!*

FIND SUPPORT ON CAMPUS

ACCESSIBILITY RESOURCES CENTER (ARC)

ARC provides comprehensive support and a range of services that serve to promote educational equity and ensure that students are able to participate in the opportunities available at the University of New Haven. They work with you as much or as little as you prefer as you transition into, traverse through, and culminate your Charger journey. Students seeking to utilize the ARC testing center for their final exams are encouraged to communicate at least 48 hours in advance.

Monday through Friday, blocks are as follows: 8:00 am–11:00 am, 11:30 am–2:30 pm, and 3:00 pm–6:00 pm.

Saturday– two blocks: 8:30 am–11:30 am and 12:00 pm–3:00 pm.

BECKERMAN RECREATION CENTER

Once students have set up their account with their Charger ID and taken a membership photo, they may utilize the ChargerREC App to enter the facility. All semester, student memberships are included with tuition. Activate your membership through the ChargerRec member portal. Log in to the portal to see announcements, reserve courts, register for GroupX, and more!

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

Services are offered to students who may need additional support to manage an array of mental health challenges and opportunities. Call 203-932-7333 Monday through Friday, 8:30 a.m. – 4:30 p.m. If you need assistance after hours for a crisis, you can call the same number and access an on-call clinician. You can also schedule online through MyCharger.

CENTER FOR STUDENT SUCCESS

The Center for Student Success provides one-on-one academic advising, helps students develop strong academic skills, refers students to campus resources, and provides a space to study, use computers, and meet with friends. Stop by the Center for Student Success in Maxcy Hall!

CENTER FOR LEARNING RESOURCES (CLR)

The Center for Learning Resources (CLR) is the main tutoring center on campus. It is, located on the lower level of the Marvin K. Peterson Library. CLR tutors are both peer and professional. Students gain awareness of how to apply optimal learning processes in the pursuit of becoming independent learners. Tutoring is included as part of your tuition. Appointments can be booked online.

UPCOMING EVENTS

Trauma-informed yoga

Gina Roch is a trauma-informed yoga teacher and holistic health coach. Her goal as a teacher is to build a judgment-free, sacred space for individuals to connect within. Her teaching style is trauma-informed, which focuses on providing modifications, invitation language, empowerment, and building community. She encourages her students to let their inner compass guide your yoga practice. Counseling and Psychological Services clinicians will also join us to provide some calming tea and supportive resources.

Join us on Wednesday, April 24, from 5 to 6 p.m. in the Alumni Lounge in the Bartels Campus Center.



Finals Wellness Table

The Holistic Wellness Committee will be tabling at the Bartels Campus Center on Monday, April 29, from 9 to 2 p.m. Come by and grab some snacks, resources, and destressing tools to help you during finals.

Therapy Dog- Counseling and Psychological Services

Come spend some quality time with therapy dogs!

Moulton Lounge on **April 25** and **May 2**, 6-7 p.m

Henry C. Lee Lobby on **April 29** and **May 6**, 6-7 p.m

Community Wellness Advocates- Calm Campus Week

CALM CAMPUS WEEK

April 22nd to April 26th

Monday

Therapy Dog with some gratitude

Time - 6pm to 7pm

Venue - Henry C Lee Lobby



Tuesday

Colors of Calm
Painting and Coloring

Time - 1:30pm to 5pm

Venue - Moulton Lounge



Wednesday

Calm within

Meditation

Time - 10 am to 11am

Venue - Maxcy 309



Thursday

Therapy Dog with some gratitude

Time - 6pm to 7pm

Venue - Moulton Lounge



Friday

Bracelet Making
& play with clay

Time - 6pm to 8pm

Venue - Moulton Lounge



For further details contact cwa@newhaven.edu