College and Self Esteem

College is a time when students are figuring out and developing "who they are." For many college students it's their first time experiencing things. This can be their first time away from home or being the first member of their family to attend college. During college, students will find things out about themselves and learn what college life is about. As students become in charge of their lives in college, prioritizing responsibilities are brought to a new level and things can be overwhelming. If these weren't overwhelming enough, students are also trying to make friends and feel accepted by them and this is where self-esteem comes into play. Everything that a person thinks, says or does is effected by self-esteem whether it is positive or negative. Whether you are feeling high self-esteem or low self-esteem, here are some steps you can take to feel better.

1. Accept Yourself
2. Take Control
3. Think Positive
4. Be good to yourself
5. Get Involved
6. Become self-reliant

Source: https://www.southernct.edu/student-life/health/counseling-services/self-esteem.html

News You Can Use:

Which of the following is true?

A. Marijuana is organic.
B. Weed affects our level of motivation, ability to concentrate, mood, and for many, GPA.
C. Frequent users are easily bored and lose their ability to enjoy fun activities unless they are high.
D. Potheads and stoners are unable to see that they have become psychologically dependent on pot.

Answer: All of the above. In spite of what we learned from parents and friends when we were in middle and high school, regular weed use causes significant problems for many MU students. How many times have you heard a regular user say this? "I'll do it later..." "I'll do it tomorrow..." "No... forget about it!" Regular users rarely see the impact that pot has on their clarity of thinking, level of motivation, their ability to focus, and even their ability to get to class on time. Pot has become psychologically dependent on pot.

MUS's newest students participated in forming this giant pink ribbon on August 21st as a part of our orientation program. The ribbon represents our campus's commitment to raising awareness among our students about breast cancer. Photo by President Anderson using his drone.

Meet the Peer Educators: Student Spotlight

SYDNEY BUXTON
Psychology major

"I became a peer educator because I really enjoy educating my peers and helping them find their voice."

LiveSafe: MU Safety App

Download the FREE Campus Community LiveSafe Mobile from App Store or Google Play. Select Millersville University as your school.

- SafeWalk: Connect to your friends by peer-to-peer location tracking with chat to monitor and talk as you move on or off campus.
- Tips: Text or phone tips to campus police and view safety maps.
- Resources: Receive campus notifications and access safety resources.

Join us for the Mini-FTHON on September 27, 2015 at 8 a.m. in front of the Student Memorial Center. The event is to raise funds for the Four Diamonds Fund to help combat childhood cancer and is the official kick off for Mini-FTHON. Pre-Entry fee is $15; first 100 participants are guaranteed a T-shirt; Entry forms can be found at www.studentservicestore.com. Purchase tickets online for $10 or at the door.

Trivia Question

Q.: What is the largest fruit crop on earth?

A.: In Next Issue of Stall Talk!

Last Week's Answer: Kidney

SOURCE: Triviacountry.com

Stall Talk by the Number

69

By appointment only, call 871-5250.

Susquahanna Valley Pregnancy Center will be offering free pregnancy tests and sexual health counseling at MU Health Services on Thursdays from 12–4 p.m.

Wellness Wednesdays:

Alcohol and Other Drugs

September 23; Montour House; 11 a.m.–1 p.m.

Body and Mind

September 30; Montour House; 11 a.m.–1 p.m.

Take Back The Night:

September 29; SMC Promenade; 9 p.m.

Wellness Fair:

October 7; SMC Promenade; 10:30 a.m.–1:30 p.m.

Breast-A-Ville:

October 7; SMC Promenade; 10:30 a.m.–1:30 p.m.

Health Education and Promotion

Contact Us

Visit our website: www.millersville.edu

Like us on Facebook: Center for Health Education and Promotion

Follow us on Twitter: @CHEP4MU

Call us: 717-871-4141, or stop by the Montour House

Millersville University

A WYCA Lancaster sexual assault advocate will be available at the Montour House Mondays during the semester between 3–7 p.m. to provide confidential advocacy services. Call the Center for Health Education and Promotion for an appointment at 717-871-4141.

An advocate from Domestic Violence Services of Lancaster will be available at the Montour House Tuesdays from 1–5 p.m. to provide confidential services. Call the Center for Health Education and Promotion to schedule an appointment 717-871-4141.

Heather J. Markle, M.Ed., SHRM-SCP, CHRP, Director of Human Resources, Millersville University, 1991 Main Street, Millersville, PA 17551-0001. 717-871-4141, or stop by the Montour House.

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Editor: Deb Huslin

"I’m thankful for my struggle because without it I wouldn’t have stumbled across my strength." ~Alex Elle

Social Norms Campaign

64%

Percentage of the number of U.S. drivers ages 18–64 by the Numbers: 69

www.studentservicesinc.com/ticket-sales/annual-ssi-5k/

30 days before surveyed.

Percentage of the number of U.S. drivers ages 18–64 that reported that they had NOT read or sent text messages

that promote that many students at Millersville make responsible and healthy decisions regarding alcohol use.

Source: Data collected from the fall 2013 American College Health National Collegiate Health Assessment completed by 99... It is our intent to provide students with an accurate picture of alcohol and other drug use on campus and to

www.triviacountry.com

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