Tables and Outreach:

Hazing Awareness
Wellness Wednesday
Sept. 26; Montour House; 11 a.m.–1 p.m.
Get Your Fact Wellness Wednesday
Oct. 3; Montour House; 11 a.m.–1 p.m.

Education Programs:

Body and Mind: Conquering College
Sept. 21; SM 18; 7 p.m.
Katie’s Angels: Behind the Mask
Oct. 1; SM Reighard MPR; 7 p.m.

Stall Talk:

by the Numbers: 32.8

The percentage of MU students who report their overall health as good, very good, or excellent.

Source: MU National College Health Survey, April 2018. N=4898 students

Trivia Question

Q: True or False: Humans are the only creatures whose tears can be triggered by feelings.

A: In the next edition of Stall Talk

LAST EDITION:

Stall Talk

Quiz Question

• Is my purpose in life clear to me?
• Are my gut feelings reliable and do I listen to them?
• Do I volunteer my time and energy?
• Am I able to focus at the task at hand?
• Do I take a moment each day to connect with myself and or a higher power?
• How do I make time for my health?

Outside of any financial consequences of spending money on things you don’t truly need, there are regulations that govern how you are allowed to spend your student loan money. Federal student loan money can only be used for educational expenses at the school that awarded your loan — this includes tuition, room and board, fees, books, supplies, equipment, dependent child care, transportation and rental/purchase of a personal computer*. Notice that no new flat screen TV’s or trips are not mentioned.

Responsibly managing your financial aid refund gives you control over your debt and pays off in the long run. Come up with a realistic budget to see what allowable costs you will have during a semester. Then, talk to the financial aid office at your school for information on how to return any extra money and reduce the amount of your loans (trust me — your wallet will thank you in the long run).

*Federal student aid, retrieved May 9, 2014.
PSECU recommends that you seek the advice of a qualified financial, tax, legal or other professional, if you have questions.

Fixed Interest Rate

<table>
<thead>
<tr>
<th>Loan Amount</th>
<th>Loan Term</th>
<th>Monthly Payment</th>
<th>Interest Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>$2,500</td>
<td>6+ years</td>
<td>$50/month</td>
<td>5.99%</td>
</tr>
<tr>
<td>$3,500</td>
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<td>7.99%</td>
</tr>
<tr>
<td>$4,500</td>
<td>80 months</td>
<td>$100/month</td>
<td>9.99%</td>
</tr>
</tbody>
</table>

Sport Leagues:

Competitive & Recreation Leagues … Sun.–Thur., 9 a.m.–12 a.m.
• Coed Volleyball …………. Tues., Sept. 25
• Coed/Men/Women’s Flag Football ………. Tues., Oct. 2

Twilight Leagues:

Scheduled using participant’s time preferences … Mon.–Thur., 4 – 8 p.m.
• Open Ultimate Frisbee …………. Tues., Sept. 25
• Coed Kickball …………. Tues., Oct. 2