

THE STALL SEAT JOURNAL

WINTER EDITION

BALANCING THE SCALES OF SUCCESS

COLLEGE IS TOUGH—BUT SO ARE YOU. TAKE CARE OF YOUR MIND AND BODY SO YOU CAN BE THE BEST VERSION OF YOU. NEED GUIDANCE? CONNECT WITH A SUCCESS COACH TODAY!

STAY ACTIVE

- MAKE TIME FOR A SHORT WALK OR STRETCH EACH DAY
- BLOCK TIME IN YOUR WEEKLY SCHEDULE FOR MOVEMENT AND ASSIGNMENTS
- MOVING SLOWLY WITH INTENTION AND SETTING ASIDE TIME TO REST HELP KEEP YOUR ENERGY UP



PRACTICE MINDFULNESS

- TAKE SOME TIME TO APPRECIATE THE ABUNDANCE OF GOOD AROUND YOU
- BE AWARE OF YOUR FOCUS AND TRY TO COMPLETE ONE TASK AT A TIME AT WHATEVER PACE YOU NEED



CONNECT WITH OTHERS

- BUILD FRIENDSHIPS AND SUPPORT SYSTEMS ON CAMPUS
- KEEP YOUR PROFESSORS INFORMED - THEY'RE PART OF YOUR SUCCESS TEAM!



LEARN NEW SKILLS

- PICK UP A HOBBY OR REVISIT ONE YOU LOVE
- TRY NEW STUDY TECHNIQUES TO BOOST MOTIVATION



CURIOUS ABOUT SUCCESS COACHING OR HOW TO GET STARTED?
SCAN THE QR CODE TO CONNECT WITH THE WCU SUCCESS COACHING WEBSITE!



Scholarship Do's & Don'ts

The WCU scholarship application season is right around the corner. To help you prepare, here are some important things to consider when working on your applications:

DO...

- ✓ Be creative
- ✓ Make your descriptions brief
- ✓ Identify your long-term goals
- ✓ Make sure you use present tense
- ✓ Follow the application rules directly stated
- ✓ Give yourself a break when working on applications
- ✓ Do some research to know who the ones giving the scholarships are



DON'T...

- ✗ Give compliments to yourself
- ✗ Rush writing your applications
- ✗ Start with "Hello, my name is..."
- ✗ Write in an unprofessional tone
- ✗ List what you plan to do too much
- ✗ Reuse or recopy information from something else on all your applications



IMPORTANT!

SAVE THE DATE

The 26-27 WCU scholarship applications will open on February 9th! Financial Aid Week is 2/9-2/13.

Scan the QR Code for more info:



Wellness Promotion

Commonwealth Hall, Ground Floor

610-436-0730

www.wcupa.edu/wellness

wellness@wcupa.edu



LIVE WELL
LEARN WELL
WCU Health & Wellness
Wellness Promotion

Finding Your Strengths

When discussing self-improvement, it is easier to find weaknesses than strengths. We focus on acquired professional skills while overlooking ones we already possess. However, identifying your strengths is key to finding how you can build on these skills to achieve your goals!

Here are some ways to reflect on and develop your strengths:

Ask mentors, colleagues, and peers:

Ask trusted people you work with questions like "What makes me a good contributor to projects?" or "What situations do I thrive the most in?" to give you feedback about what you do well.

Challenge yourself:

By putting yourself into new situations, you can identify and improve your skills. All opportunities you take are ones to discover or enhance your strengths!

Be conscious of your biases:

We tend to have expectations that others must meet the same standard as us. Becoming more aware of these biases can reveal your strengths and prevent you from projecting onto others.

Rammy Riddler

What word has 26 letters but only 3 syllables?



SCAN
ME



BLACKING AND BROWNING OUT

Blacking out and browning out are both caused by excessive consumption of alcohol, but there is a key difference between them that are important to know.

Black Out

Unable to recall several hours worth of events- even after being reminded.



Brown Out

Has difficulty remembering some things, but not others in a given timespan. They may be able to recall them after being reminded of events.



Some strategies to avoid blacking or browning out are:

Alternate alcoholic drinks and water, take slow and small sips, eat before and during drinking, and track your drinks using standard drink sizes.

Scan the code for more info:

SCAN
ME



STALL SEAT CONNECTIONS

Connections is a game by the New York Times in which you select four groups of four words that share a common theme.

These words can be connected by categories.

ANDERSON	CENTER FOR WOMEN AND GENDER EQUITY	WAYNE	BANANA DAY
ECOGROUNDS	BENTO SUSHI	CHECK UP FROM THE NECK UP	COUNSELING CENTER
RAMBOREE	HOMECOMING	POWER-UP	CHICK FIL-A
WELLNESS PROMOTION	CENTER FOR TRANS AND QUEER ADVOCACY	MITCHELL	RECITATION

Scan the QR code to see the answers:

SCAN
ME! >>



Find us at

Wellness

Promotion on

Ramconnect!

Follow Us:

@WCUWellnessPromotion

WCUWellness

WCUWellnessPromotion