



Newsletter 04.01.25 / Issue 2



Educational Resources

As we wind down the semester and year, we celebrate It's On Us week to raise awareness about campus sexual assault and prioritize our self-care for finals season. Consent plays an important part in sexual assault prevention. You can remember the ins and outs of consent by remembering that Owls make M.O.V.E.S: Mutual, Ongoing, Voluntary, Expressed, and Safe. To learn more about consent visit the:

[It's On Us Week website.](#)



Wellness Tip

Practice your self-care for the busy finals season by incorporating these tips into your routine:

- Get those zzzz's:** sleep is essential to our ability to learn and retain what we learned. Help keep that knowledge in your head by getting 7-9 hours of sleep each night. Consider keeping a dark, cool, and quiet room at night for better sleep.
- Cool your beans:** We often drink more caffeine around finals and big exams. Pay attention to how it makes you feel, such as unease, sleep difficulties, or headaches, and make changes as needed. There is caffeine in some sodas, supplements, over-the-counter medications, chocolates, teas, and coffees.
- Finding your balance:** When you're studying, take breaks throughout the day to do something relaxing, stretch or move your body, and eat balanced snacks. Try some deep breathing and other meditations on your free account in Welltrack Boost



Challenge of the Month

Question: Getting enough sleep is essential for learning and memory. According to wellness experts, how many hours of sleep per night are recommended for college students?

Submit your answer to this [form to be entered into a raffle to win a wellness basket !!!!](#)



Upcoming Events

Take Back the Night

Thursday 4.3.25
5pm
Rm The Burrow

Craft stations, including quilt square making, rock painting, and keychain making. We'll also have a banner for students to sign and hang up in the Student Union throughout the month of April.

Stress Less Week

4.19.25- 4.23.25
Daily Activities

Visit The Burrow to view the schedule