YOUR MENTAL HEALTH MATTERS!

By: Colleen McMahon-Jr

With all the stress surrounding the second half of the semester, it can be easy to forget to take care of yourself when you have exams, projects, and papers. You reprioritize your schoolwork, extracurricular activities, and social life over your mental well-being and even your physical health. Here are some tips to help you focus on your mental health:

**College Success vs. High School Success** – High School was about being involved in everything and getting the best grades. But college allows you to be surrounded by amazing, educated people and explore your passions! You should redefine success for you based on your new experiences and goals. AND do not put too much pressure on yourself.

**SERIOUSLY – Sleep More, Eat Healthy, and Work Out** – You might feel pressured to stay up late and put your physical health on the back burner to finish your schoolwork or get in a few more hours at work, but not prioritizing these things will greatly impact your mental health! Exercising and eating right benefits your mental and emotional health! Try to set some time aside a few times a week to go to the gym (or take a fitness class) and pick healthy choices in PAC!

**You Don’t Have to Hide** – It can be hard to put your pride aside and admit that you need help (trust me, I know!). Nobody will see it as a failure on your part – we all have or are currently struggling with something, and having a support system (your friends, family, peer mentors, advisors, professors, etc.) can make things a lot easier!

**Take Time for JUST You** – Make sure that you prioritize yourself every once and a while! Just lay in bed and watch TV, do something self-indulging, just something – you deserve it!

**TIPS FOR CHOOSING WHAT CLASSES TO TAKE:**

1. **Check out your options:** Review the course catalog. If you know your major, choose some courses that fulfill general requirements in that area. If you’re not sure what you want to study, pick some classes in subjects that spark your interest.

2. **Create a schedule that works:** Aim to sign up for four to six courses a semester. Try to spread them out over the week so you have time for studying and other activities each day, and note when classes meet so you don’t double book yourself.

3. **Visit your adviser:** Make sure to check with your adviser about what classes you need to be taking. Your adviser is a great resource in helping you pick classes that will keep you graduating on time and that will fit in with your schedule.

4. **Get requirements out of the way:** Core requirements range from math and history to philosophy and lab sciences. You should try to take most of these classes during your first two years so you can concentrate on your major later.

5. **Maintain balance:** You may want to jump into difficult classes, but remember that college courses require more time and effort. Start slowly and work up to harder classes. Also, choose classes that require different types of work so you don’t end up writing five papers or solving five problem sets in one week.

6. **Use college credit:** If you’ve earned college credits in high school—for example, through the AP or IB programs—find out if you can use them to fulfill any core requirements before you register.

7. **Register early:** The earlier you register, the more likely it is that you’ll get the classes you want. Also, if a problem comes up along the way, you’ll have more time to deal with it. But no matter how early you register, make sure you have a list of backup classes in case the ones you want are already full.
Useful Dates:

October 14th – Fall Break. Classes will resume on Monday, October 17th.

Pre-advising: October 17th from 4-6pm
October 18th from 4-6pm
*Freshman: come out and figure out what classes you need to take next semester. Pre-advising will take place in the LRH Great Room.

Friday, Nov, 4th: Senior Symposium

Spring Class Registration: Priority registration begins on November 7th

Tutoring Times

Writing Studios: Tuesdays 6pm-8pm
Fridays 11am-1pm

Science tutoring/workshops: Tuesdays from 4-6pm

*All studios/tutoring takes place in the LRH Great Room

Contact Information

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LET THE PUMPKIN SPICE BEGIN!

By: Jake Seidel - Junior

The nights have begun to get cooler, the days shorter, and the sweaters and jeans have come out of hibernation. The fall season has officially begun. I’m writing this as a guide for those of you who wish to get the most out of the fall season before winter is upon us. Everyone has different forms of finding entertainment, but fall offers quite a few unique activities. I am an outdoorsman and a bow hunter, so as the bow season opens on October 1st I get to witness the change in nature from 20 feet in the air.

I highly suggest that if you want to see nature in all of its splendor, go out for a nature walk and see the leaves. Washington Park, Lincoln Memorial Gardens, Lost Bridge Trail, and the Chatham bike trail are just a few of the choices available in the plethora of options for going on a nature walk. Besides going on a walk, you can also go to an apple orchard, a corn maze, a hayride, or bonfire. The beautiful thing about fall is that it’s the perfect season because it is not too hot and not too cold.

You can also head out and play a round of disc golf at the UIS 18 hole course, that takes you around the less explored parts of UIS property. Right now is also football season, so grab some friends and throw the pigskin around. Not good enough to just enjoy nature? There are plenty of concerts happening at this time of year as well as fun events ranging from antique malls to haunted houses. You cannot go wrong with doing something outside right now. So put your boots on, slip on some jeans, grab a hoodie, head out and don’t let this time fall by without having some fun outside!