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### Mental Health/Wellness

Rahsean Melvin

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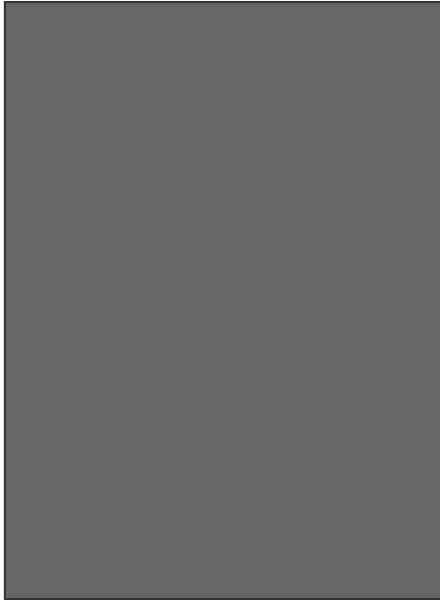
# Mental Health/Wellness

Rahsean  
Melvin



What comes to mind when you hear “Mental health” or “Wellness”

**Positive**



**Negative**



# What is wellness?

Definition of wellness: the state of being in good health, especially as an actively pursued goal.

My definition: Being grounded, mindful and at peace with yourself, your peers and your environment

Your definition: ?

What do you do to maintain wellness? (ex: basketball, listen to music, Stretch/yoga)

# Causes of Stress

- Grades
- Social life
- Homesick
- Time management
- Sports/clubs
- New environment
- Relationships



## How to combat these stressors:

Grades: Email professors, go to office hours, extra help, SI

Social life: Don't be afraid to step outside your comfort zone, be yourself, go to things!

Time management: Use your planner, map out due dates and when you plan on completing work, stick to it!

Sports/clubs: Put yourself out there, don't be afraid to fail, work hard

New environment: Get out and see the campus and town, talk to people, check your email for campus activities

General: Exercise, eat well, yoga, take time for yourself to do what you enjoy

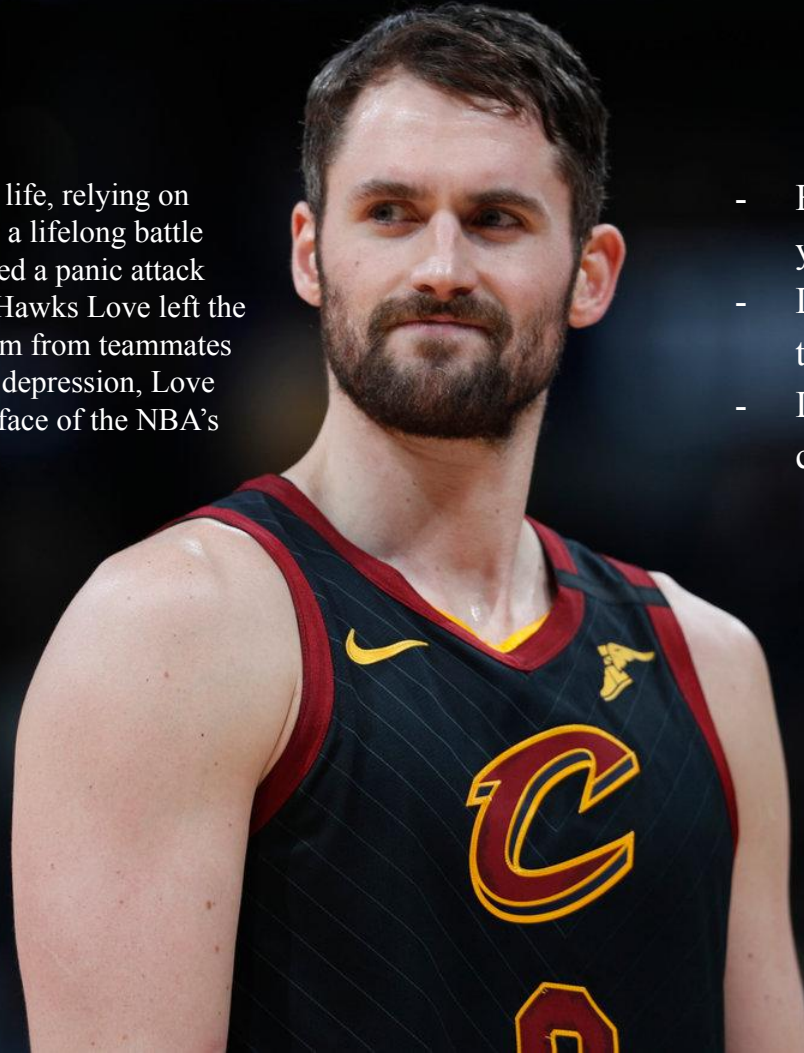
# Who's at risk? Everyone.

Nobody is immune to stress or mental health issues. Remember you are not alone and have resources at your disposal. One in four U.S. adults suffer from a diagnosable mental disorder.

Hopkins , J. (2019, November 19). *Mental health disorder statistics*. Mental Health Disorder Statistics | Johns Hopkins Medicine. Retrieved November 28, 2022, from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/mental-health-disorder-statistics>

## Kevin Love

Suffered in silence for most of his life, relying on basketball to manage what he calls a lifelong battle with social anxiety. After he suffered a panic attack during a game against the Atlanta Hawks Love left the game, facing questions and criticism from teammates who didn't know he suffered from depression, Love began to speak out. Becoming the face of the NBA's mental health.



## Importance of Talking

- Be open and honest with anything you're going through
- Don't suppress emotions and let those feelings build up
- Leading to others feeling comfortable to discuss



# Resources

- Family/Friends
- Therapist
- Cortland Mental Health Page:  
<https://www2.cortland.edu/offices/residence-life/current-students/mental-health>



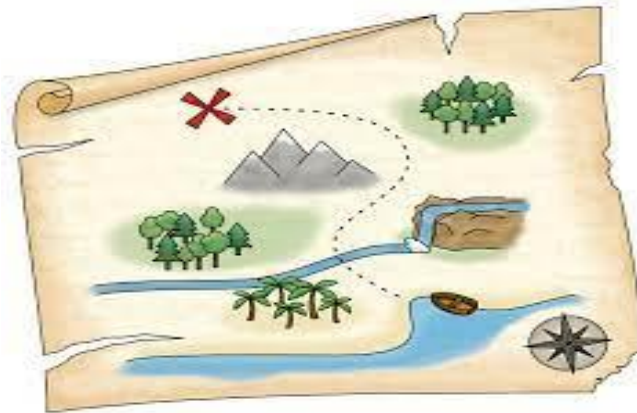
# Scavenger Hunt

By:Rahsean Melvin  
Instructor:Thomas Spanbauer



# Scavenger Hunt Lesson

- I created a Scavenger hunt throughout campus that brought the students to key points of SUNY Cortland



## Purpose Of The Lesson

- The goal was to help educate students on there way around the campus as well as being able to learn some cool facts along the way.
- I felt it was very important for students to learn the campus because it is there first year and I remember the anxiety I had having to figure things out as they will be here for the next four years.

# Lesson Preparation

- Made of page with clues that gives hints of where and what the building consist of
- If they were able to guess correctly I would let them know the name of the building
- Students had to work as a group, go around and take group photos and a certain place on campus

# Sources

**Cortland**  
SUNY  
21 Graham Ave.  
Cortland, NY 13045  
607-753-2011 • cortland.edu

Use our interactive map  
→ [cortland.edu/map](http://cortland.edu/map)

## CAMPUS MAP

**BUILDINGS/FACILITIES**

- Bowers Hall.....14
- Broadway House.....38
- Brockway Hall.....2
- Chemical Management Facility.....47
- Commissary/Receiving.....46
- Corey Union.....22
- Comish Hall.....19
- Dowd Fine Arts Center.....9
- Education Building.....20
- Grounds Service Building.....45
- Heating Plant.....13
- Interfaith Center.....5
- Lusk Field House.....41
- McDonald Building.....7
- Memorial Library.....17
- Miller Building.....10
- Moffett Center.....10
- Neubig Hall.....23
- Newmark Pavilion.....16
- O'Heron Newman Hall.....8
- Old Main.....12
- Park Center.....43
- Parks Alumni House.....6
- President's Residence.....4
- Professional Studies Building.....42
- Route 261 Property.....49
- Service Group.....48
- Sperry Center.....15
- Stadium Complex.....44
- Student Life Center.....40
- Van Hoesen Hall.....21
- Whitaker Hall.....39
- Winchell Hall.....31

**RESIDENCE HALLS**

- Alger Hall.....30
- Bishop Hall.....26
- Casey Tower.....37
- Cheney Hall.....1
- Clark Hall.....25
- DeGroot Hall.....3
- Dragon Hall.....35
- Fitzgerald Hall.....24
- Glass Tower Hall.....26
- Hayes Hall.....33
- Hendrick Hall.....34
- Higgins Hall.....32
- Leadership House.....18
- Randall Hall.....29
- Shea Hall.....27
- Smith Tower.....36
- West Campus Apartments.....50

**PARKING LOTS**

Frequently used:

- Miller Building.....N-1 and N-2
- Park Center.....S-55, S-56 and S-57
- Route 261.....S-70

**EV CHARGING STATION**

**BUS STOP**

**ACCESSIBLE PARKING**

## UNIVERSITY SCAVENGER HUNT

*Learn* This office can help you Study your best, Read more efficiently, And crush all your tests! Get there ASAP!

~~Are you getting bored?~~  
~~What will you do?~~  
~~Go to the library hall,~~  
~~That might serve you.~~

~~Wheels go round and round,~~  
~~First by the hill,~~  
~~And then down!~~  
~~It's big and white, and it's red,~~  
~~Don't walk!~~  
~~Take this instead!~~

*Library* Classes and homework stressing you out? Have a research paper that's due? Just take a hike up the hill. They have lots of books, encyclopedias, and periodicals, too!

~~Send some emails or surf.~~  
~~Write a paper on research.~~  
~~This is a pretty turf.~~  
~~(Probably one of these on campus)~~

*Police Station* What will you do? Which career will you Need a job or resume? Come here—you can!

*Dowd* They deal with park protect and serve, y They sometimes ride and are there to help!

*Sperry* There are paintings a creative things to see Guess it yet? The campus gallery.

*Sperry* Find a lecture hall, with fifty seats or mo The higher the number the greater your score

*Student Conduct* It's not all bad news, They're really quite cool! Student Conduct is the office. Don't break the rules.

*Center* Head on to Miller, Go up one floor. Find TAP, PELL, and Lo right through the door.

## Why is this lesson so important?

- Suny Cortland is students home for the next four years. Filled with great opportunities, activities and clubs that everyone should look to take part in. Without ever trying new things and going outside our comfort zone students will never know!





# Feedback

- As students did not all know each other they all had a great time working together as the task was engaging and fun more than boring and tedious
- I gave students time to ask questions about hints they did not understand or incase they wanted to know more background information about a certain place
- Students enjoyed as they were able to learn more things and find there way around the campus

# What did I learn?

I learned that giving students a task that they find interesting can really change the way students look at school. Keeping the more engaged and attentive!

