



# SERVING U

## STUDENT SERVICES NEWSLETTER

AUG/SEPT 2010

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**AUGUST IS  
HAPPINESS  
HAPPENS  
MONTH**

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**STOP A  
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**CAREER DAY  
TIPS**

**ONE CAMPUS,  
ONE  
COMMUNITY**

**R.A.D.**

Fall 2010

## Career Day

Wednesday, October 13, 2010

9:00 am ~ 2:00 pm

Student Union Ballroom



## Domestic Violence Awareness Candlelight Vigil

Tuesday, October 19,  
2010

at 6:00 p.m. in the NSU  
Quadrangle



## Nicholls FIT 2010

Summer offers extras hours of daylight and with it the opportunity to spend even more time enjoying outdoor activities. For many, this means more time doing physical activities and playing sports. So, it's important to remember the potential dangers that also come with exercising in hot conditions. As long as you follow some common sense rules you can fully take advantage of all the fun of summer.

What you should do:

- Drink plenty of fluids. It's extremely important to stay hydrated. If you're thirsty then you are already dehydrated; drink before you feel a need to. Be sure to drink throughout the day (stick to non-caffeinated beverages, preferably water). Also, drink 15-20 minutes before beginning your workout and every 15 minutes throughout the exercise.
- Eat regularly. The heat can decrease your appetite, but it's important to eat normally. Try to eat small meals 5-6 times per day. Include lots of fruits and vegetables. Aside from being nutritious, fruits also tend to help with hydration.
- Wear light, loose fitting clothes that can breath. Cotton is always a good choice. If your outdoor activity produces a lot of perspiration, consider clothing that is designed to wick the sweat away.
- Wear sunscreen. Even if you exercise early in the morning or late in the evening, if the sun can reach you then you can get burned. Not only is a sunburn bad on the skin and potentially dangerous but it also hinders your bodies ability to stay cool.
- Use common sense and don't attempt strenuous activities that your body is not accustom to. Stick to exercises that you are very familiar and comfortable with.
- Check the weather forecast. It's best not to participate in intense outdoor exercise sessions when the heat index registers in the dangerous zone. Early a.m. and early evening workouts can be refreshing.

## August is Happiness Happens Month

### All this month is Happiness Happens month! Here are 20 ways you can boost the happiness in your life.

- 1. Be in the moment.** Since happiness is in a decision, decide each moment to be happy in that moment and enjoy what that moment has to offer.
- 2. Take a dog for a walk.** There are numerous studies that attest to the stress-relieving benefits of pets. Enjoy your pet.
- 3. Laugh out loud.** Laughter is good for the soul.
- 4. Scent the air.** Research finds that the benefits of aromatherapy in relieving stress are real.
- 5. Go to sleep.** Our nation is a nation of overworked, sleep-deprived people, so to increase your happiness, take a daily nap.
- 6. Ignore the stock market.** Increase your productivity and reduce the stress of worrying about "the crash." After all, money does not equal happiness!
- 7. Hum along.** Music soothes more than the savage beast!
- 8. Visit a quiet place.** Libraries, museums, gardens, and places of worship are all places that can calm, soothe, de-stress and bring back the happiness to your fast-paced, crazy life.
- 9. Declutter.** It's nearly impossible to meditate, breathe deeply, or simply relax when every surface is covered.
- 10. Volunteer.** Helping others enables you to put your own problems into perspective.
- 11. Just say no.** Eliminate activities that aren't necessary and that you don't enjoy. Free time promotes personal happiness!
- 12. Spend time alone.** During your alone time, learn about yourself and what your needs are. Relax. Unwind.
- 13. Make a list.** There's nothing like writing down your tasks to release the stress of trying to remember everything. Lists help you realize how much you really do accomplish. GO YOU!
- 14. Walk mindfully.** Rather than listening to an iPod as you walk, notice where you are, what you smell, and the sounds you hear--finding joy in the moment of the walk.
- 15. Do one thing at a time.** So choose to do one thing at a time and thoroughly find the joy in that one thing.
- 16. Give priority to close relationships.** and giving love, sharing experiences, and going through the journey of life together can make life happier and relieve the burdens.
- 17. Garden.** There is something cathartic about tilling the soil, planting a seed, tending a seedling, watching it grow, and enjoying the benefits of the plant. Soak in the rays of happiness!
- 18. Take care of the soul.** In study after study, actively religious people are happier and cope better with crises. So make the time for worship, prayer and spirituality and increase your day-to-day happiness!
- 19. Tune out the news.** All the "bad news" today is enough to drive even the most optimistic person to depression, so choose to walk away one day and let the world turn without you.
- 20. Count your blessings.**

Adapted from original article at

<http://www.yourtango.com/proconnect/201079874/happiness-happens-20-tips-increase-your-happiness>.

## September is National Alcohol and Drug Addiction Recovery Month

### A Common Problem

In 2007, an estimated 23.2 million people aged 12 or older needed treatment for a substance use disorder in the United States.

Even though the rate of current illicit drug use among youths aged 12 to 17 has declined significantly from 2002 to 2007, it's startling to see how many young people start using substances at an early age. For example, in 2007:

- 85.9 percent of people aged 12 or older who initiated alcohol use in the past year did so before they reached the legal age of 21.
- Among people aged 12 to 49 who initiated inhalant use in the past year, the average age at first use was 17.1 years. For marijuana, the average age at first use was 17.6 years, and it was 20.2 years for cocaine, 20.2 years for Ecstasy, and 21.2 years for the nonmedical use of pain relievers.

### Together We Learn, Together We Heal

When celebrating *Recovery Month* this September, teach people and their families who may be affected about how the Internet can help support their loved ones in their treatment and recovery process. Addiction is a health problem, so do your part to let those who suffer from it know that help exists. By supporting someone who is affected, you are making a positive change in the way substance use disorders, treatment, and recovery are all perceived in your community.

**Information about treatment options and services in your area can be found at [www.samhsa.gov/treatment](http://www.samhsa.gov/treatment), a portal that includes a database of more than 11,000 U.S. treatment options and additional treatment resources, as well as by calling 1-800-662-HELP.**



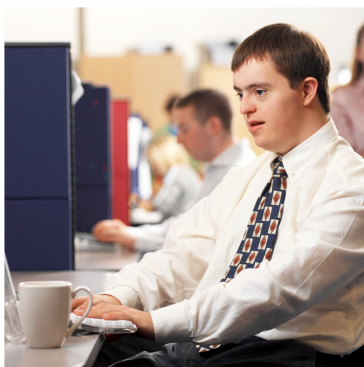
This version was adopted from an article titled *Recovery Month Kit* at the website [www.recoverymonth.gov/Recovery-Month-Kit](http://www.recoverymonth.gov/Recovery-Month-Kit).

# Office of Disability Services

## **Providing classroom accommodations for students with disabilities.**

The office's mission is to provide classroom accommodations and referrals for support services within Nicholls State University, which will ensure students with disabilities have the opportunity to competitively pursue a college education.

## **How does the Office of Disability Services (ODS) work?**



ODS serves those students who are qualified to receive services based on a documented disability. A student must self-identify to receive accommo-

dations by contacting ODS and scheduling an appointment with the director. During the appointment, the student's documentation will be reviewed.

## **Examples of Disabilities**

- chronic health problems
- hearing impairments
- learning disabilities
- mobility impairments
- psychological impairments
  - visual impairments
  - temporary disabilities

## **How to register?**

Students seeking services must complete the Office of Disability Services Registration packet and provide current documentation of their disability. Students need to register or reactivate their file no later than the second week of each semester. Registration and documentation are required in a timely manner to assure our office time to plan and implement the student's accommodations.

## **Accommodations**

Based upon the student's disability, testing accommodations may include the use of a reader or writer, extended time or a distraction-reduced environment. Classroom accommodations may include preferential seating, use of a tape recorder, note takers, textbooks on CD, assisted technology, interpreters/captionists.

## **Helping you succeed!**

Our mission is to ensure students with disabilities have the opportunity to competitively pursue a college education.



# STOP A SUICIDE TODAY

**Suicide** is the 3<sup>rd</sup> leading cause of death in people 15-24 years of age. Over 90% of those who die by suicide had a diagnosable mental illness, which can be treated with the help of trained professionals such as counselors and psychiatrists.

By asking if someone is suicidal, you are providing them with a safe opportunity to express their feelings and to have an ally in seeking help. Regardless of their answer, it is important to remain nonjudgmental and help them receive the help they may need.

## Here are some warning signs of suicide:

- ◆ Talking or joking about suicide
- ◆ Signs of depression
- ◆ Preoccupation with death
- ◆ Loss of interest in things one usually cares about
- ◆ Risk-taking behavior (reckless driving, walking in front of traffic)

## What to do if you suspect someone is suicidal?

- ◆ Ask them!
- ◆ Be nonjudgmental and avoid moralizing.
- ◆ Be willing to listen, let them know that you care and understand.
- ◆ Don't promise to keep it a secret.
- ◆ Do not dare the person to do it.
- ◆ Try not to act shocked.
- ◆ Get professional help immediately!

The Counseling Center will have a Suicide Awareness table in the union on

**September 8, 2010.**

Feel free to stop by and ask questions. You can also call the **University Counseling Center** at **985-448-4080** if you or someone you know might be struggling with depression or suicidal thoughts.

**The National Suicide Prevention Hotline is 1-800-273-TALK**

With help comes hope

**NATIONAL SUICIDE PREVENTION LIFELINE™**  
**1-800-273-TALK**  
www.suicidepreventionlifeline.org  
Help is available for you or someone you care about, 24-7

## One Campus, One Community

After a successful spring funded by ULS, Learn and Serve, and the Louisiana Department of Education, the One Campus - One Community mentor program will continue without funding through the efforts of Student Services. This program pairs college students with local high school students who are considered at risk or in need of support. Considering the enthusiasm generated in the spring, it seemed there was no other option than to continue the program.

Mentors and mentees both reported it as a rewarding experience. Mentors gained personal growth and a new awareness of the impact they can have on another individual, as well as the community. Mentee's encountered the dedication of someone who genuinely believed in them as a human being. Additionally the mentees were thrilled to visit the campus on several occasions and gain insight to what college life could mean for them.

A new cohort of mentors will complete preparation throughout the fall semester and begin mentoring in the spring of 2011. Although they receive 6 hours of course credit, these students are choosing to participate in this service leaning project because they want to be responsible citizens and contribute to the betterment of their community. Student range from Sophomores to Seniors and many different majors are represented. Because there is no external funding this academic year, many of the activities that brought the mentees to campus will not be possible. We are seeking both on and off campus partners who would be willing and able to fund one or more of these activities.

**If anyone is interested in such collaboration, please contact Student Services at 448-4080.**

**CAMPUS COMMUNITY**  
NICHOLLS STATE UNIVERSITY  
ONE CAMPUS, ONE COMMUNITY

# Office of Career Services

## How Career Day Can Benefit You:

- Enables you to establish job contacts with prospective employers
- Enables you to explore career possibilities
- Enables you to gather information about employers

## How To Make Career Day Work For You:

- Know which employers are attending Career Day
- Research companies prior to Career Day
- Clarify personal goals
- Know which employers you want to see at Career Day
- Prepare a well-written resume
- Prepare a one-minute Commercial:
- Introduce yourself
- Let the employer know that you have researched her/his company
- Express why you are interested in her/his organization
- Let the employer know what you have to offer

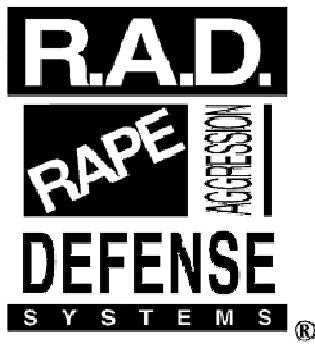
## What You Should Do On Career Day:

- **DRESS AND LOOK PROFESSIONAL!**
- Do your best to relate your skills and interests to the needs of the employer
- Answer questions quickly
- Be open and honest
- Maintain eye contact
- Demonstrate good verbal skills
- Give a good firm handshake
- Show enthusiasm and interest
- Take several copies of your resume and be sure they are easily accessible
- Follow up on initial contact by telephone or through mail
- Ask for: business card, name and phone number or e-mail of contact person, if different from the representative
- Avoid distracting mannerisms
- Speak in clear and concise sentences

**Career Day**

Wednesday, October 13, 2010  
9:00 am ~ 2:00 pm  
Student Union Ballroom

# Career Day is coming up!



Rape  
Aggression  
Defense  
Systems at  
Nicholls

Rape Aggression Defense classes are made available for the campus community each semester. Nicholls has three certified R.A.D. instructors who coordinate the self-defense classes throughout the year. R.A.D. is the largest network of its kind with over 7000 instructors to date.

R.A.D. is a sexual assault awareness, prevention and defense course designed for women. The classes offered at Nicholls State University are free to faculty, staff and students of the campus community. The program is a 12-hour course that is divided into three sessions of four hours each. The class is taught by certified R.A.D. instructors and offers plenty one-on-one attention with participants. Those completing the class receive a detailed workbook/reference manual and a lifetime return and practice policy to attend R.A.D. classes anywhere in the United State and Canada for free.

The R.A.D. System is a program of realistic, self-defense tactics and techniques. It is a comprehensive course for women that begin with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defense training. Participants are taught defensive concepts and techniques against various types of assault by utilizing easy, effective and proven self-defense tactics.

**STUDENT SERVICES  
ON THE WEB!**

**[HTTP://WWW.NICHOLLS.EDU/  
SERVICES/](http://www.nicholls.edu/services/)**

Here is what fellow students, faculty and staff had to say after taking the R.A.D. self-defense class at Nicholls:

*I thoroughly enjoyed everything!.....*

*Great course.....*

*WE WILL SURVIVE!.....*

*The RAD course was great. I would like to take the next class.....*

*Great experience.....*

*Gives you a very empowering feeling.....*

*Informative, fun & useful..... The simulations, for me, were emotionally charged*

*-thanks.....*

*Life changing!*

Don't miss this chance to be a part of the RAD self defense class!

**DATES:** November 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup>

\*Participants must attend all three sessions

**TIME:** 2:00p – 6:00p

**LOCATION:** Student Union

**INSTRUCTORS:**

Dr. Michele Caruso, Sabrina Laurent, Christy Hawxhurst

**CONTACT:** Student Services for more information or to register at 448-4080.

*Submitted by Women's Resource and Services*

# Serving U

Nicholls Student Services

Newsletter

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8 a.m. to 4:30 p.m. Mon - Fri