



SOAR '24

Student Orientation, Advisement and Registration



Tennessee
TECH

Wellness Matters

Normal

Behavioral Changes to Expect

- Some pulling away
- Homesickness
- Communication (less or more)
- Academic performance
- Appearance

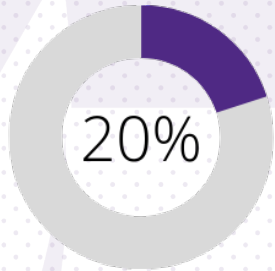
Wellness Concerns

- Drastic changes in behavior
- Severe mood swings
- Extreme difficulty in concentrating
- Intense worries or fears
- Feeling very sad or withdrawn
- Risk-taking behaviors
- Disordered eating
- Significant fluctuation in weight

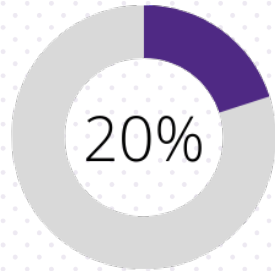
Prevalence of Mental Health Problems

Depression Screen

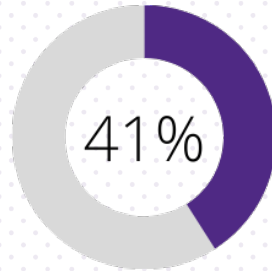
Severe depression



Moderate depression

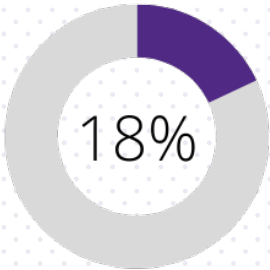


Any depression

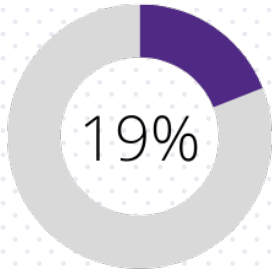


Anxiety Screen

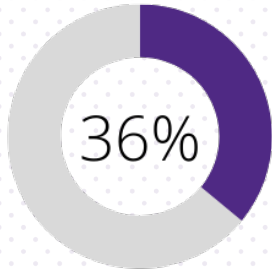
Severe anxiety



Moderate anxiety

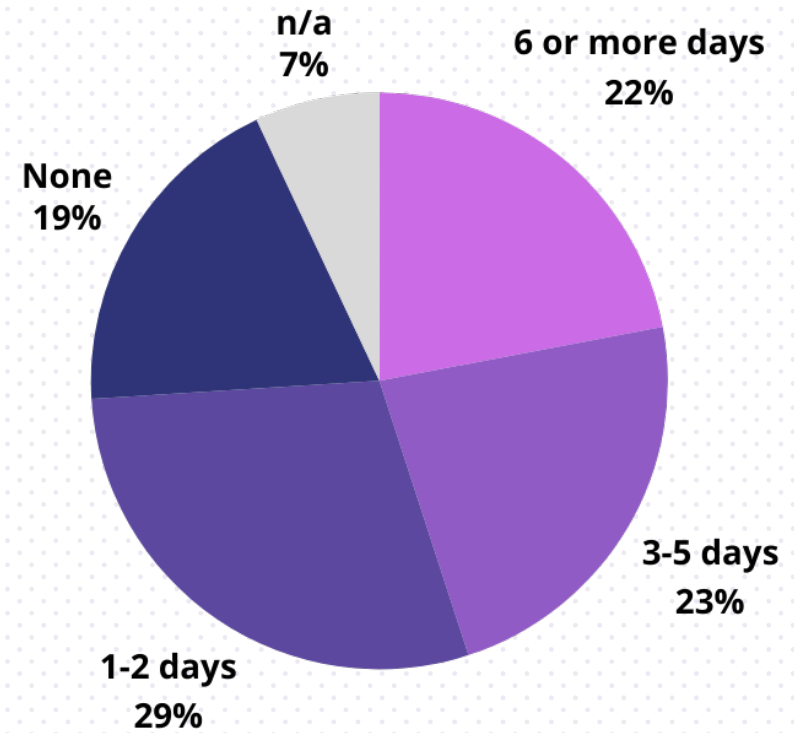


Any anxiety



Academic Impairment

In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?



Healthy Minds Network (2023). Healthy Minds Study among Colleges and Universities, year (2024) [2022-2023].
Healthy Minds Network, University of Michigan, University of California Los Angeles, Boston University, and
Wayne State University. <https://healthymindsnetwork.org/research/data-for-researchers>

Suggestions for Action

- Really, Don't Freak Out
- Build deeper relationship
- Ask Questions
- Listen
- Discuss
- Write Letters
- Visit (Not all the time)
- Professional help
 - Health Services
 - Counseling Center
 - Emergencies- 911
 - After-hours hotline

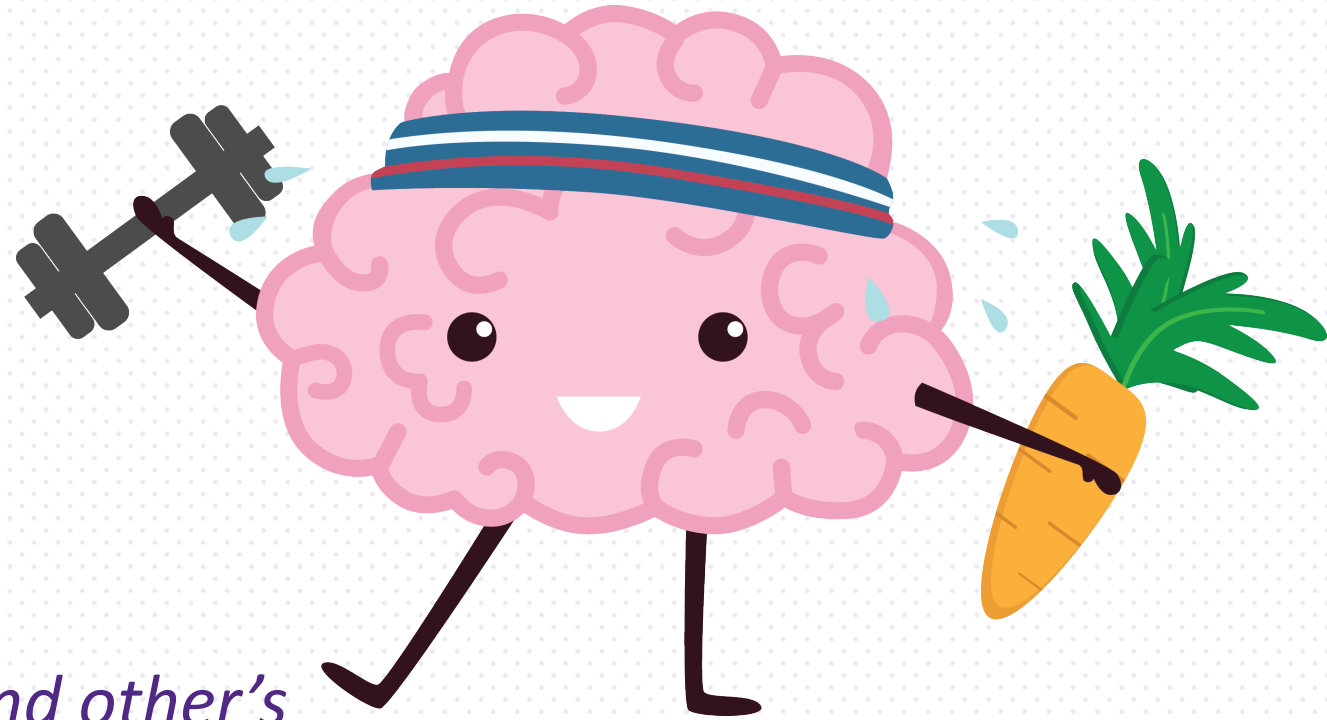
Encourage Connection

- Try new things
- Campus involvement
- Class participation
- Know campus resources
- Make the most of new opportunities
- Engage in new relationships



Promote Learning

- Encourage:
 - Independent thought
 - Study skill development
 - Effective goal setting
 - Adapting to change
 - Learn from mistakes – *self and other's*
- Remind them: It is okay to ask for help!



J.J. Oakley Campus Health Services

Services provided to keep students healthy

- General medical and nursing care for acute, urgent and minor medical issues
- Physical exams, vaccinations, allergy injections, laboratory services
- Medications dispensed onsite



AMERICAN
COLLEGE
HEALTH
ASSOCIATION

INSTITUTIONAL MEMBER

Be Well

Medical and nursing staff consider patient education a prime responsibility making each patient's visit an educational experience.

Schedule an appointment

Phone: 931-372-3320

Online through the Eagle
Wellness Portal located on Tech
Express

Office Hours: Monday-Friday
8:00 am - 4:30 pm



Health Services Staff Welcomes You!



The Accessible Education Center (AEC) Team is Here for You!

- If you received academic adjustments or accommodations in high school, chances are you can receive accommodations here at Tech.
- If you find yourself struggling academically, and think it may be disability-related, schedule an appointment with the AEC.
- The AEC provides equal access to students with disabilities and it's confidential.
- Last year, over 600 students identified with and requested services through the AEC.



The AEC is located in the RUC main floor next to the elevator, across from the cafeteria and Eagle Card.

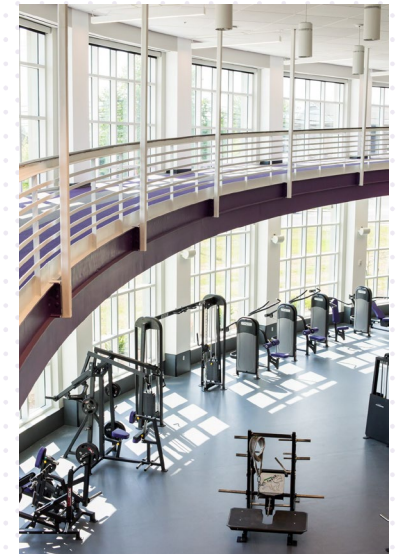
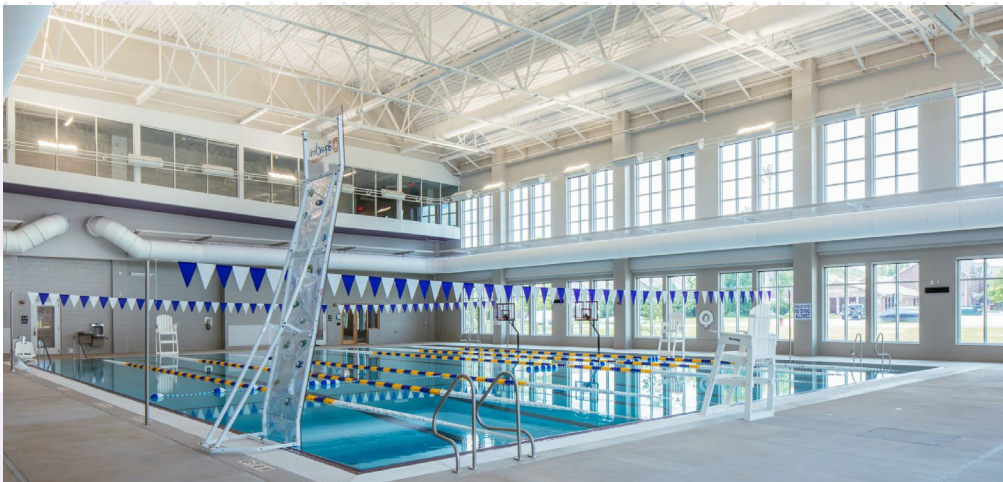
www.tntech.edu/disability

Fitness and Wellness

- Free Group Fitness Classes for Students
 - Spin, Yoga, Zumba, HIIT, Dance
- Equipment Orientation and Personal Training to help students find their FIT.
- Wellness and Nutrition Education
- Outdoor equipment rentals



The Office of Fitness and Wellness is located in the Burnett Recreation and Fitness Center, Room 178

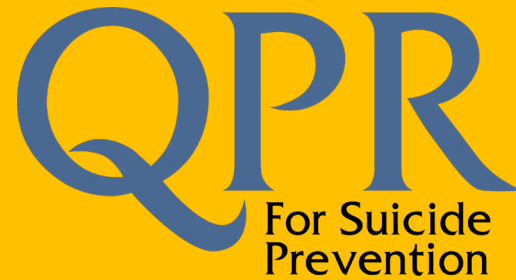




Counseling Center

- 6 Licensed Clinicians
- Clinical Coordinator
- 2 Graduate Clinicians
- Clinical Grad Assistant
- Psychiatric Nurse Practitioner

Prevention Resources



**POWER OF
PUTNAM**
Uniting for
a Drug-Free Community



Soaring Eagles
Peer Educator
Program

Clinical
Coordinator
Flexible Care
Program

Crisis Resources

- **Eagle Eye After-hours crisis hotline:** 855-206-8997 or 931-372-3331 (our office #)
- **University Police:** (931) 372-3234
- **National Suicide Prevention Life Line:** 988
- **Crisis Text Line-** Text: HELLO to 741-741
- **Mobile Crisis (Volunteer Behavioral Health) 24/7 hotline:** 1-855-274-7471
- **Crisis walk-in center (CSU):** 1200 S. Willow Ave Cookeville, TN 38506
- **The Trevor Project TrevorLifeline:** 1-866-488-7386
- **TAADAS REDLIVE (substance use):** 1-800-889-9789
- **Depression Hotline:** 1-888-273-5174
- **Self-Harm Hotline:** 1-877-455-0628
- **National Eating Disorder (NEDA) hotline:** 1-800-931-2237

Contact us!

Location: **Roadeen University Center (RUC) 307**

Office: **931-372-3331**

After-hours hotline: **855-206-8997**

Email: **counsel@tnitech.edu**

Website: **www.tnitech.edu/counsel**

@tnitechcounsel





Questions?

Visit Us Today!

**Counseling Center Open House
Today in Roaden University
Center (RUC) 307
2:30pm-4pm**