



Health Hub

Student Health Center [Issue: 2]

www.health.uni.edu

Staff Spotlight

Jenna Petersen

Student Wellness Services Health Promotion Coordinator



What is your role at SWS? I am a Health Promotion Coordinator for Student Wellness Services, which means that I serve the campus by helping students achieve optimal well-being. I help provide wellness information to students through one-on-one wellness coaching, facilitating workshops with groups, and working with our social media team.

What is your advice for college students? What are three things you are grateful for? Write them down right now, as well as any time you have trouble focusing on the positive.

What is your favorite thing about wellness services? My favorite part about our office is that it is a collaborative, innovative environment where we seek to use our skills to benefit all UNI students!

What is your favorite part about working in the Health Center? I like the fact that Student Wellness is part of an integrative care team, which means that I get to interact with nurses, doctors, and counselors providing care in the same building.

How do you self-care? My favorite physical activities include biking, walking, yoga, resistance training, and ballroom dancing! I also enjoy making salads and baking. Beyond the physical dimension of wellness, I love creating music and art as a reflection of my spiritual values.

Student Wellness Services Events

I Love Female Orgasm

November 8 | Maucker Union Ballroom | 8:00pm

Join us to laugh and learn about the "Big O" with Dorian Solot and Marshall Miller! Orgasm aficionados and beginners of all genders are welcome to come learn how to have your first orgasm, how to have better ones, or how to help your partner. Dorian and Marshall cover it all with lots of humor, plenty of honesty, and a message of sexual health and women's empowerment. This event is co-sponsored by Campus Activities Board (CAB) and Student Wellness Services.

November 15 | Maucker Union Ballroom | 10:00am-3:00pm

Walk the Labyrinth



SWS invites you to experience walking the labyrinth. The labyrinth is a large cloth, canvas designed with circular patterns that have one path leading to the center of the circle and then back out again that participants walk on for meditation purposes. UNI students who have participated in walking the labyrinth describe it as "relaxing, peaceful, centering, and reflective."

If you would like to experience walking the labyrinth, stop by any time between 10:00AM-3:00PM. There is no registration necessary and is completely free for participants.

Wellness Bingo at Maucker Union Live

November 29 | Maucker Union Coffeehouse | 12:00pm

Alcohol, Sex, Sleep and More! Win a Prize!

There will be free safer sex products, wellness resources, and over **\$100 worth of prizes!** For more information, contact Shawna Haislet, Health Promotion Coordinator at shawna.haislet@uni.edu.



UNI Student Wellness Services



UNI_SWS



unisws

studentwellness.uni.edu

Student Health Clinic



@UNI_SHC



Student Health Clinic

Antibiotic Awareness Week is November 12-18!

Viruses or Bacteria
What's got you sick?



Common Condition	Common Cause			Are Antibiotics Needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No*
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

* Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help you feel better.

GREAT AMERICAN SMOKEOUT



November 15

Join others across the country on step one of quitting on this day of quitting sponsored by the American Cancer Society.

Smoking causes over 480,00 deaths per year. Quitting smoking will help reduce coughing and shortness of breath, cut your risk of heart disease, reduce cancer risks, and more!

Get resources, support, information, and a plan at <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

Learn more at <https://www.cdc.gov/antibiotic-use/week/index.html>

Don't forget: You can now make your appointments online!



Patient Portal

Easy access with your CatID

- 24/7 access to your healthcare information
- Exchange secure e-mails with providers
- Download your immunization records
- View lab results
- See your list of medications
- View recent and future appointment details



@UNI_COUNS



UNI Counseling Center

Counseling Center

Groups: There are currently spots available in our Thursday Anxiety Group and Mindfulness Mondays sessions. Call for your 15 minute pre-group orientation session today to get started with a group!
(319) 273-2676

The Counseling Center also encourages you to sign up for a QPR training to learn how you can make a difference and partner with us on mental health awareness and suicide prevention.

Register online at: counseling.uni.edu/trainingandworkshops



Crisis Services

For a life threatening mental health emergency, call 911 or go to the nearest hospital emergency department. Outside of regular office hours, call the Counseling Center at 319-273-2676 and press 2 to speak to a crisis counselor. During regular office hours, call the Counseling Center at 319-273-2676 and press 2 to speak to a licensed mental health crisis counselor or press 1 and let the receptionist know you are having an emergency and she will arrange a time for you to meet with a counselor for an emergency appointment. You may also come to the Counseling Center during office hours to receive assistance.