

The fall semester tends to be a time filled with a lot going on academically, socially, emotionally, and it's your job to navigate through it all successfully. One way to do this is to focus on the value of prevention; keep an eye out for yourself and others, practice frequent hand washing, and have a positive mindset.



STAND BY YOUR SQUAD

Anyone can be an active bystander -- choose to Step Up to prevent others from experiencing harm.

If you see someone pressuring others to drink, let them know that's not OK.

Check in with friends who you notice are spending more time alone.

Remember your 3 D's. *Directly* addressing an issue if you feel comfortable, *distracting* those affected to diffuse a situation or *delegating* someone more appropriate to help you so you're not facing the concern alone.

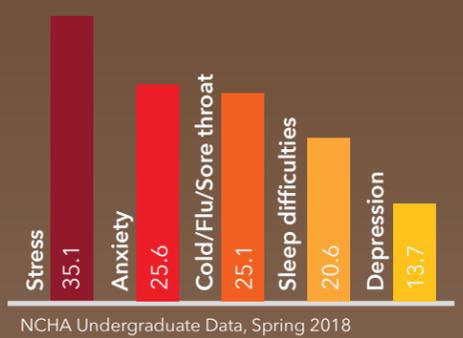
It can be hard, awkward, and uncomfortable to Step Up. Everyone has barriers to intervening. Being honest about your barriers ahead of time and talking with others makes it more likely that you'll be ready when it really matters. Ask yourself, what would be the impact of inaction?



WINTER IS COMING AND THE GERMS ARE HERE

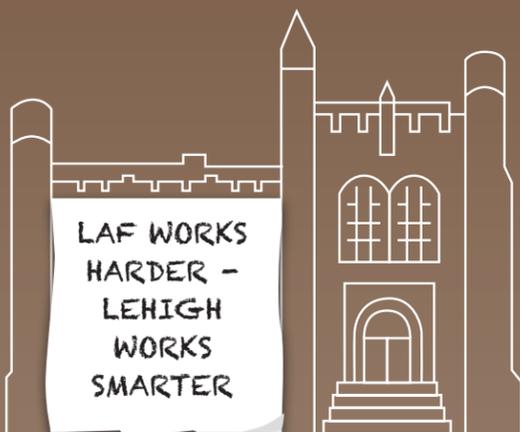
There is a difference between washing hands with soap and water and cleaning them with an alcohol-based hand sanitizer. Alcohol-based hand sanitizers don't kill all types of germs and may also not remove harmful chemicals. Washing your hands with soap and water is the best and most important step to avoid getting sick and/or spreading germs to those around you.

TOP IMPEDIMENTS TO ACADEMIC SUCCESS AT LEHIGH



MOST EFFECTIVE WAYS TO PREVENT SICKNESS

- 1 Wash hands
- 2 Cover coughs & sneezes
- 3 Steer clear of sick friends



MINDSET MATTERS

Exam season will soon be upon us and it's completely normal to feel stress. Use it to be proactive. The way we think about our abilities and our potential has a profound impact on our behavior, our relationship with success (and failure), and our emotions. Your mindset matters -- change your words to change your mind.



Mistakes help me learn.

I'm on the right track.

Let me try another way.

I'm just getting started.

I made a mistake

I can't do it.

I give up.

I'm not good at this.

Fixed vs. Growth Mindset. Dweck C. Mindset: The New Psychology of Success (2006). New York: Random House

Le-Laf week marks one of the oldest football rivalries in the nation. Show your Brown and White pride all week by participating in the many events held around campus. Regardless of who you are cheering for, enjoy the rivalry, have fun, be respectful, and take care of yourself and of others. Have a great winter break.

**DON'T FORGET:
NOVEMBER 6
GET OUT & VOTE!**

RESOURCES | The Center for Academic Success: Williams Hall, 3rd and 4th Floor, 610-758-5181 | Counseling & Psychological Services: Johnson Hall, 4th Floor, 610-758-3880 | Health and Wellness Center: Johnson Hall, 3rd Floor, 610-758-3870 | LUPD: 321 East Packer Avenue, 610-758-4200

@LehighAfterDark
Check out our website for more details on these events as well as upcoming events.

- Thursday Night Trivia @ Lamberton Hall, 10PM
- Thursday, 11/1 - Late Night Break-Fest @ Rathbone, 11PM
- Saturday, 11/3 - Creative Vibes Concert @ Lamberton, 8PM
- Saturday, 11/3 - ThinkFast @ Lamberton, 9:30PM
- Friday, 11/9 - Fusion After Party @ Lamberton, 10PM
- Thursday, 11/15 - Le-Laf Bonfire @ Goodman
- Saturday, 11/17 - Wingo @ Lamberton, 10PM
- Saturday, 12/1 - Destress After Dark @ Williams, 9PM
- Thursday, 12/7 - Taylor Gym Open Late, 10PM



LE-LAF BONFIRE
11/15 - 8pm
@ Goodman Campus

All Student, Staff, & Faculty are welcome