A MESSAGE FROM PRESIDENT JOHN SIMON

As the year progresses, I’d like you to remember one thing: you have a responsibility to yourself to do all you can for your own personal success. It is human nature to go through periods of difficulties as a result of transitions, financial concerns, academic anxiety, personal health issues, relationship problems, etc. It is your responsibility to seek out resources for yourself when you are in need, or for a friend or even a stranger, when they are in need. Getting into a rut and needing outside help is normal and completely okay, but you are responsible for seeking out the appropriate assistance. Even if you are not in a rut, it’s your responsibility to better your college experience. Say hello to a stranger and say goodbye to the Lehigh look-away. Take a class that interests you just because you can, even if it doesn’t meet any academic requirements. Go to office hours and connect with your professors even if you don’t need help. Your Lehigh experience is entirely in your hands, where you take it is up to you.

NOT QUITE COMFORTABLE WITH THIS NEW ACADEMIC YEAR?

You’re not alone. The first month of school can have its set of challenges. Perhaps living with a stranger in a tight space is no longer exciting or time management is now an issue. Some of you may begin to get run down (i.e. sick!) from lack of healthy eating and new sleep patterns while others may deal with homesickness and miss their friends and family. In fact, about a quarter of all undergraduate Lehigh students reported that making friends at Lehigh has been the most difficult personal/social adjustment (NCHA Spr, 16).

Try tapping into Lehigh’s existing resources to get the help you need. Talk with your Gryphon if you are having conflicts with your roommate. Seek out the Center for Academic Success to learn how to maximize the positive aspects and reduce some of the potentially not so fun aspects of alcohol. How you choose to drink is your choice, but making a plan ahead of time and thinking about what you want your drinking to look like can help you stay within your own limits.

The Good and Not So Good Things About Drinking

This Halloween and Le-Laf season, if you choose to drink, please celebrate responsibly with these (protective behavioral) strategies:

- Eat food before and while drinking
- Pace your consumption
- Stay hydrated—consume water before and while drinking
- Designate a non-drinking driver
- Choose your values by only drinking what is right for you
- Identify a plan for getting home safely
- Always have a friend with you

Being mindful of how your decisions around drinking can help you maximize the positive aspects and reduce some of the potentially not so fun aspects of alcohol. How you choose to drink is your choice, but making a plan ahead of time and thinking about what you want your drinking to look like can help you stay within your own limits.

Learn More

Scan the QR code to access more information about the issues discussed in this InSTALLment. To scan this code, download QR Scanner or any other QR reader from your app store.

FLU SHOTS AVAILABLE

Health & Wellness Center
Fri., 10/7, 1-4pm
Goodman Stadium (front gate)
Sat., 10/8, 11am-2pm
Steps
Wed., 10/26, 3-5pm
Lamberton
Wed., 11/3, 5-3pm
Flu shots are $40. Payable by cash, check, or credit card. Covered by many major insurance plans.

COMING OUT DAY

October 11 is National Coming Out Day. Coming out for LGBTQ individuals takes many different forms, and is a lifelong process rather than a one-time decision. Visit the Pride Center in UC C212 to talk more.

InSTALLments are published by the Health Advancement & Prevention Strategies Office, Division of Student Affairs. Copies of this publication can be found online. Send your comments to jhaps@lehigh.edu.