

Spilling the Tea at CWC

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CWC Counseling Office

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CONNECTION IS THE KEY!

Fostering genuine connections is a vital aspect of our well-being. In our fast-paced, technology-driven world, it's easy to lose sight of the importance of real human interaction. Taking intentional steps to reconnect with those we care about can have profound effects on our mental and emotional health. A simple gesture, such as sending a heartfelt message to a friend you haven't spoken to recently, can rekindle relationships and strengthen bonds. Additionally, creating a "no phone zone" allows us to be fully present with our loved ones, promoting deeper understanding and empathy. By making these small but meaningful efforts a regular part of our lives, we can build a more connected and supportive community, enriching not only our own lives but also those around us.

World Mental Health Day is October
10th!

Remember, asking for help is a sign of strength. Access free online support anytime through Nivati.com, or schedule a time to speak with Nicole Schoening, our on-campus counselor.

Midterms Are Just Around The Corner

Gear up for midterm season by taking advantage of free tutoring through TRIO and getting paper assistance at the Writing Center. Most importantly, practice good time management—and make sure getting enough sleep is part of your study plan!

ARE YOU NEW TO CAMPUS? Make
yourself known! Reach out and
introduce yourself to a classmate and
your instructors.

Or, even better, join us for *Speed
Friending*, Wednesday October 14th at
7:00 at Rusty's (our cafeteria) for a fun
evening of meeting new friends!

What are you "Falling For" in October?

If you are in the mood to listen to a great podcast on anxiety, check out Mel Robbins interview on YouTube with Dr. David Rosmarin, "The Secret to Stopping Anxiety and Fear (That Actually Works)"

Do you have a Growth Mindset?

Dr. Carol Dweck's growth mindset is the psychological belief that intelligence, talents, and abilities can be developed through dedication, hard work, learning strategies, and feedback. People with a growth mindset accept challenges as opportunities to learn. They can persist through setback and learn through mistakes.

Mindset and the power of Yet!

Adding the word "yet" to a negative statement changes a perceived defeat, into an opportunity to learn.