

Fall 2021 NUB Instructor Outline for Module 7a: Preparing for the Semester End – Stress and Wellness Revisited

Overview and Objectives

Our focus today is on stress, wellness, and revisiting tools and strategies to stay well.

Peer Mentor Moments

- Announcements & troubleshooting.
- Discuss the Critical Writing Assignment
- Review the “Hacking School and Life” section of the planner.
- Book a study room for class in the library today, or plan another cool place to have class!
- Do the Freshmen 5 activity (optional)

Highlights

- If needed, finish Module 6b discussion.
- Review the “Hacking School and Life Section (93-112)
- Optional: Freshmen 5 in-class activity (p. 167)
- If there is time: discuss the Critical Writing Assignment (scheduled for 8a assuming they’re graded at that time)

Class Outline

- Peer Mentors troubleshoot student problems, especially touching on questions students may have about if/how to drop a class, and the different dates that refunds will be given, etc. This information can all be found on p. 56 in the handbook or by searching for “academic calendar” in the search bar on the main NU website, or here: <https://www.niagara.edu/academic-calendars>. Peer mentors should go online and show students how to find this info. Also talk about where on campus to go for support with academics or other problems.
 - **Discuss the Critical Writing Assignment.** (5-10 minutes) The assignment was turned in last class but you may not have had time to talk about it. Was the article interesting? What was one thing you learned that was new information? What was the most challenging part? Who does it tie into your major? How does it tie in to NU’s mission?
 - **Complete the discussion from Module 6b if necessary.**
 - **Review the “Hacking School and Life” Section of the Handbook (pp. 93-112):** (5-10 minutes) Peer mentors can lead this discussion, and talk about whichever section they find most interesting (nutrition, sleep, exercise, stress), but make explicit the connection between midterm week, time management, and wellness (managing reasonable amounts of stress). Have their habits changed during the craziness of midterms?
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- **Check to confirm students watched the TED TALK on Stress (15 minutes).** https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend/up-next .
- **Discuss the video (10 minutes)** Emphasize the main points of the talk: that our minds and bodies are deeply connected, and that what we believe influences not only our mental health, but our physical health as well. Secondly, when we're stressed, the healthiest thing we can do is to reach out to others! Ask if the class has any reactions.
- **Optional: Do the Freshmen 5 (p. 167):** (5-10 minutes) How is your stress affecting you? Ask students how they can integrate the material from the McGonigal video on stress into their Freshmen- 5 approach.
- **Optional:** if there is time, discuss the Critical Writing Assignment (this is scheduled for 8a assuming they're graded at that time).

Instructor guide compiled by Stefanie Wichhart, NUB Faculty Coordinator Summer 2013; revised Summer 2014; revised Summer 2015, 2016, and 2017 by John Keller and Abigail Levin, 2018-2021 by Terri Vaughan and Lisa Williams.