

S.T.A.H.L. NEWS

Students Talking About Healthy Lifestyles

Brought to you by the IUP Counseling Center

February 17th, 2025



MANAGING SPRING STRESSORS



Need to stay on campus over spring break? Make sure to complete the online housing form on MyIUP by 4:00pm on Wednesday, March 5th.



Spring can come with a lot of stressors including midterms and other academic stress, going home during spring break, and traveling during spring break.

MID-SEMESTER ACADEMIC STRESS?

Struggling with midterm grades? IUP offers resources that can help!

- **IUP Tutoring Center**
 - Holds in-person tutoring sessions for many subjects
 - Located at 103 Stabley Library
- **Tutor.com**
 - IUP students have free access to this online tutoring service
- **Supplemental Instruction (SI)**
 - Engage in group study with peers for specific classes
 - Go to <https://tinyurl.com/ywn2tmyu> for this semester's SI schedule
- **SkillZone**
 - SkillZone offers international students and scholars class support and skill development

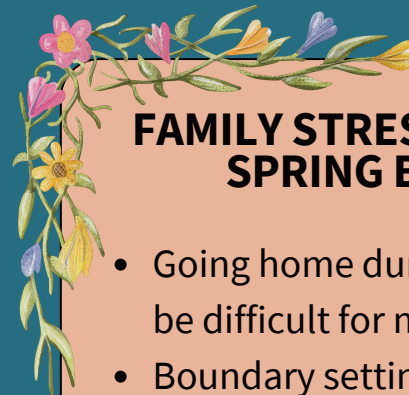


Traveling During Spring Break

- Manage your finances during the trip
- Use the buddy system
- Stay alert in unfamiliar locations
- Don't take drinks from strangers
- Share your travel plans with someone from home

FAMILY STRESS DURING SPRING BREAK

- Going home during breaks can be difficult for many students
- Boundary setting can be helpful
- Prioritize your well-being and safety
- Lean on friends and other support systems
- Make a plan for how you will respond to difficult family members
- Advocate for yourself
- Find times to rest and recharge



OTHER IUP ACADEMIC RESOURCES

- **IUP Navigator**
 - Find your IUP Navigator listed under "My Advisor" in the Academics section of MyIUP
 - Contact your IUP Navigator for support!
- **Kathleen Jones White Writing Center**
 - Having difficulty writing papers? The IUP Writing Center can help!
- **University College**
 - Offers many academic support resources
 - B01 Stabley Library, (724) 357-2375

IUP FOOD PANTRY
LIMITED HOURS DURING
SPRING BREAK
EMAIL
FOOD-PANTRY@IUP.EDU
FOR ACCESS WHEN PANTRY
IS CLOSED

WALLWORK HALL, NORTH
SIDE GROUND FLOOR
[WWW.IUP.EDU/STUDENTLIFE/
FOOD-PANTRY](http://WWW.IUP.EDU/STUDENTLIFE/FOOD-PANTRY)

IUP COUNSELING CENTER

MONDAY - FRIDAY
8AM-4:30 PM
WALK-IN HOURS
MONDAY - FRIDAY 1-3 PM
724-357-2621

CENTER FOR HEALTH & WELL-
BEING, G31
WWW.IUP.EDU/COUNSELINGCEN
TER COUNSELING-
CENTER@IUP.EDU


togetherall

New Ways to Connect! Togetherall is a safe, online community to share feelings anonymously and get support to improve mental health and wellbeing
www.togetherall.com

