

EMU McNair Challenger

November 2016 Edition

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Eastern Michigan University McNair Scholars Program



Facing the Present and the Future!

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McNair Program

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Let's Go McNair!!

McNair Movie:
"Loving," TBA

Elf: The Musical,
November 18, Fox
Theatre

**Winter Ballet: A
Midsummer Night's
Dream,** December 2,
Pease Auditorium

**TEAM CHALLENGE
Presentations:**
December 9, 12-2,
Halle Auditorium

End of Fall Party
December 9, 6:30 -?
Neff's homestead

Semester Break!

It's been a tough couple of weeks. Many of us feel sad and afraid about the future. It's hard to get out of bed. Hard to focus. Hard to find the motivation to keep going.

But the semester's almost over, and exams, papers, and final projects abound. Now, more than ever, it's terrifically important to practice **self-care** so you can keep yourself healthy — mentally, physically, emotionally, and spiritually, to stay on top of your complicated and challenging life.

So what is **self-care**? In essence, self-care is finding ways to take care of yourself and maintain balance in your life. **Pamela Landau**, full time lecturer at EMU and practicing psychologist, defines self-care as "any behavior that helps us by improving our physical and emotional health, concentration, self-concept and overall wellbeing." Professor Landau says there are certain methods of self-care that everyone can and should employ, such as: (1) getting enough sleep, (2) eating as healthfully as possible, (3) exercising, and (4) spending time with friends and family.

Self-care is also very personal, and must match the needs of each person! For **Breanna Cannon**, a graduate assistant in the Office of Student Conduct, Community Standards, and Wellness, practicing self-care can be something as easy as watching a movie, coloring, or treating yourself to your favorite snack. **Michelle Paul**, who also works in the Student Conduct office, encourages students to "take time to engage in behaviors or activities that have a sole purpose of bringing you joy, things you can do that make you feel good." Remember that self-care should make you feel better, both in the short term and long-term.

There are plenty of free, easily accessible campus resources to help get you on the right track. EMU's on-campus **Counseling and Psychological Services (CAPS)**, found in Snow Health Building, offers both counseling and advisement for how to better balance all the activities in your life. **The Holman Success Center**, in Halle Library, offers coaching and success courses, and the **Wellness Center** holds **Wellness Woof Wednesdays**, when therapy dogs come and you can pet them!

Most importantly, remember that learning to consistently practice self-care is a process, *not another homework project to complete overnight*. Try taking *small* steps to incorporate new habits into your daily routine — go to bed an hour earlier, take the stairs instead of the elevator, eat some fruit and yogurt, or listen to music that helps you experience a sense of peace. Being kind to yourself will help you cope with these intense and challenging times.

Remember to ***take it one day at a time***. **YOU CAN DO THIS!!!**

McNair Interviews Joi Rencher, LMSW

Joi Rencher, Independent Living Skills Coach/Coordinator, talks about self-care...

In your opinion, why is self-care important, specifically for undergraduate students? Self-care is especially important for students pursuing their undergraduate degree to prevent or reduce the possibility of stress related to balancing course work with working, participating in student organizations and other social activities, and for many students' family obligations. Proper self-care, whether physical, mental, or emotional, helps a student maintain or enhance their well-being to be able to be academically successful.

What constitutes self-care? Self-care can be any activity or practice that a person voluntarily engages in on a regular basis to reduce stress and maintain physical, mental, or emotional health. Some examples of examples of self-care are making sure you get enough sleep and exercise, saying positive affirmations to yourself, setting boundaries at work or with friends, or just relaxing.

Are there any on-campus resources you could recommend to our scholars?

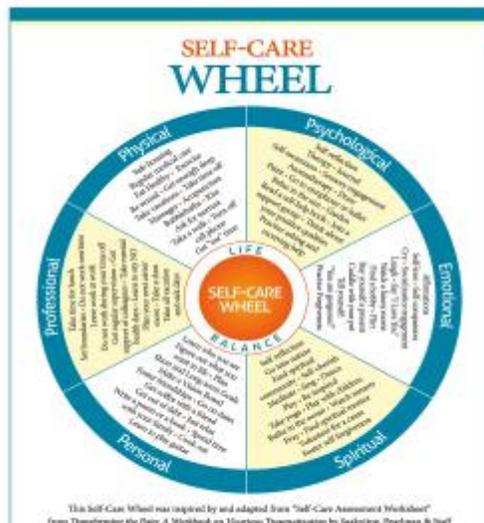
There are a variety of student organizations, clubs, and groups on campus that provide activities that can act as self-care to students. Specifically, students can take part in the "Snack and Study" event on campus during finals week. Students can access individual support for mental health through Counseling and Psychological Services (CAPS). CAPS also offers a variety of support groups for students looking to connect with other students needing support.

Are there any resources (methods, phone apps, reminders, etc.) that you personally use to maintain wellness?

For self-care, I like to meet up with friends for dinner, exercise, and binge watch Netflix on the weekends! By doing this, I'm able to recharge and be an effective support to my students while at work.

Is there anything else you'd like to add to our discussion of self-care and wellness?

Here is a Self-Care Wheel (left column) that I use with students to help them identify and make a plan to make sure self-care is incorporated into their lives.



Self-Care Resources

CAPS – Counseling and Psychological Services

Where: 313 Snow Health Center
 Website: www.emich.edu/caps/
 Phone: (734) 487-1118

The CAPS program offers counseling services to all students, plus crisis intervention, workshops, educational presentations, and consultations. Whether you're struggling with managing anxiety and stress or just need a friendly ear to talk to, CAPS offers multiple confidential services for students and staff.

Holman Success Center

Where: G04 Halle Library
 Website: www.emich.edu/hsc/
 Phone: (734) 487-2133

The Holman Success Center offers Success Coaching, a graduate student-led program that can help you organize your academic and personal goals. Success Coaches can help arrange and prioritize your academic life, can connect you with other services you might need, and offer one-on-one skill-building workshops.

The Wellness Center

Where: 250 Student Center
 Website: www.emich.edu/twc/
 Phone: (734) 487-2157

The Wellness Center offers multiple programs and reference points to help you on your road to better self-care, whether your goals are academic, personal, social, etc. Join them on Wellness Woof Wednesdays and you will have the opportunity to relax and de-stress with dogs from Therapaws!

Alumna Spotlight

Future Self-Care Professional and EMU McNair Scholar

Carly Danae Evich

Carly Evich, who graduated *summa cum laude* (4.0 GPA) in 2015, majored in Psychology and minored in Spanish. A member of EMU's Honor College, Carly co-authored a peer reviewed article with her faculty mentor, **Dr. Steven Huprich** —“Expanding the utility of the malignant self-regard construct,” before winning the **EMU McNair Research Award** for her paper, “Evaluating the Relationship Between Malignant Self-Regard and Achievement Striving” (*EMU McNair Scholars Research Journal*, Vol. 8). Carly also worked with **Dr. Heather Janisse**, a long time McNair mentor, on her NSF-funded research into the challenges faced by young children from low-income households. Carly studied abroad in Spain and intends to apply her language skills to her work as a family therapist. Carly received multiple fully-funded offers to doctoral programs, and chose to pursue her graduate studies at **Purdue University**. We reached Carly as she was boarding a plane to present her most recent research at the University of California, Irvine...

Carly writes:

“After graduating from EMU, I’ve gone on to pursue a doctoral degree in Human Development and Family Studies at Purdue University. So far, my time here has been both a rewarding and challenging experience! I’ve been working as a research assistant on a study called “Project SALUD,” the goal of which is to examine the strengths and challenges of Midwest Latino families as their children transition into adolescence. Working on this project has helped me maintain the Spanish language skills that I gained at EMU, but has also truly expanded my understanding of what it means to conduct scientific research. When studying children and families, the research process can be messy and full of unforeseen challenges, but it’s through this process that we discover the questions worth asking that drive our research forward.

As an undergraduate at EMU, I volunteered as a research assistant in two research labs. One centered primarily on personality and psychopathology research. The other focused on children’s health outcomes in the context of disparities. Knowing that I ultimately wanted to study child development in some way, I applied to work with my current faculty advisor, who studies the effects of daily family routines on children’s health. As a second-year graduate student, my research interests have evolved and now focus on media use and children’s health. For example, my advisor and I recently presented a poster on the relations between TV-watching and children’s sleep. We found that children with bedroom TVs who also often watched TV in the hour before bed had the shortest sleep duration, in comparison to children with less media-heavy, bedtime routines. However, knowing that not all TV programs are created equal, I’m interested in examining *what* those children were watching at bedtime, to see if program content might play a role here.

Going forward, I am continuing to work on these research projects while also beginning work on my Master’s thesis. I haven’t completely decided on my career goals yet, but I think any position that will allow me to continue studying media use and child development in the context of families will suit me very well.”

We’re very proud of Carly and wish her continued success in her studies!

