



The Advisor Advocate

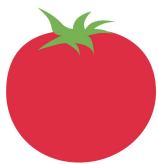
Promoting Student Wellness and Time Management

We all have stressful moments - students especially can be stressed as the semester is winding down, they are cramming to get everything done, and are preparing for final exams. During times of stress, instructors and advisors can remind students that they are not alone and there are resources available to them to help get them through tough times.

Wellbeats™

Ask your students if they have taken advantage of their free Wellbeats account. Wellbeats offers hundreds of remote, on-demand fitness, nutrition and mindfulness videos. There is also a [Wellbeats fitness kiosk](#) located in Studio C in the in the Hadley Union Building (HUB), Students can work out to Wellbeats videos, either alone or with friends.

To use this service, tell students to search their IUP email for an opt-in email from Wellbeats. This will give them an invitation code they can use to set up their account. The cost is covered by the student activity fee.



The Pomodoro Method

Suggest this method for a student struggling with time management.

How it works:

1. Make a to-do list
2. Set a timer for 25 minutes (this unit of time is a "pomodoro", or Italian for "tomato")
3. During the *pomodoro*, work with focused attention on the first item on your to-do list.
4. When the timer goes off take a 5 minute break.
5. Continue with another *pomodoro*. Every 4 *pomodoros*, take a longer 15-30 minute break.

This method works because you are breaking down a large project into manageable chunks.



Science-informed Studying

Inquire about students' study habits, and give advice on what you know to be effective study strategies.

Studying via Retrieval

Practicing retrieval is a smarter way to study. Instead of re-reading your textbook and notes, put it away and try writing everything you know about the material. Then check your notes to make sure you go everything right. Taking **practice tests** is another form of retrieval studying.

For more study tips based in cognitive science, visit [The Learning Scientists](#). They offer posters and slides all about effective study habits.

Counseling Center

You can always refer students to the Counseling Center. If a student is unsure if they need counseling, they can check out an [online mental health screening](#) and look at the great resources on the [Self Help webpage](#). The Counseling Center also offers case management services to connect students with basic resource referrals, such as food, housing, health insurance, county assistance, and more.

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