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"I am in control."

Taking ownership and responsibility of your education and well-being.

co-presented by:

academic services
LEWIS UNIVERSITY

CENTER FOR Health & Counseling Services
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Historical Roots

National observance after assassination attempt made on President Ronald Reagan on March 30, 1981

Encourage individuals to take control of their lives

Objectives

- Learn the origins of this national day
- Find out what areas of our life we do have control over
- Explore how exactly to take control of these areas

What do we have ownership of ?

Emotional Well-being

Agenda

Mental Health

Organization Skills

Responsibilities

Identity

Characteristics

Spirituality

Information

Important Things

Choices

Technology

Professionalism

Friendships

Finances

Physical Health

Relationships

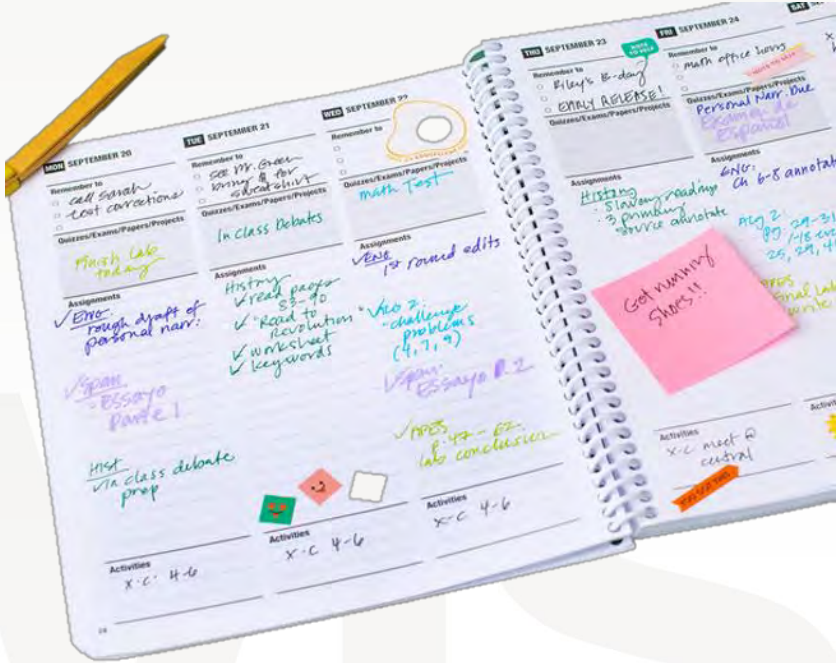
Values & Beliefs

Social Life

Education

Owning Your Agenda

Using a Daily/Weekly Planner to stay organized and motivated



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Owning Your Organizational Skills

Create to-do lists

Establish daily routines- even schedulin g time to study and daily meals

Use color-coding

Set up an organized work space

Owning the Important Things

Explore your definition of important

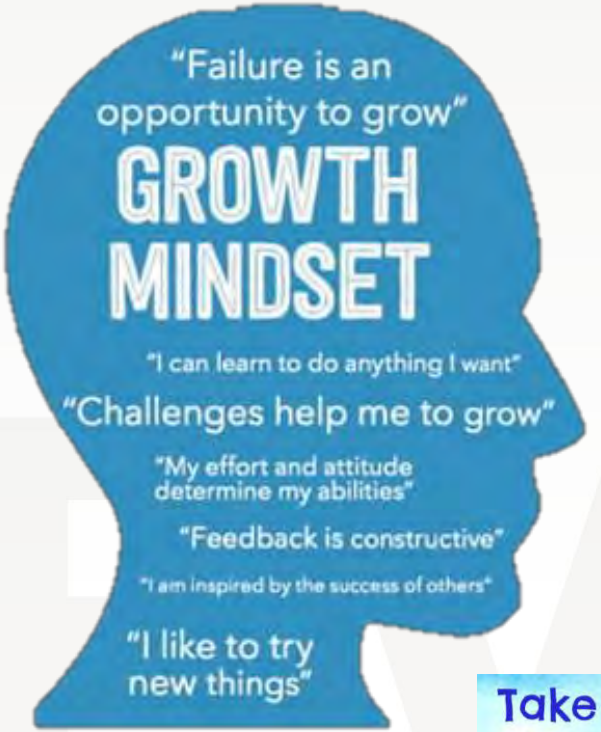
Tangible items?

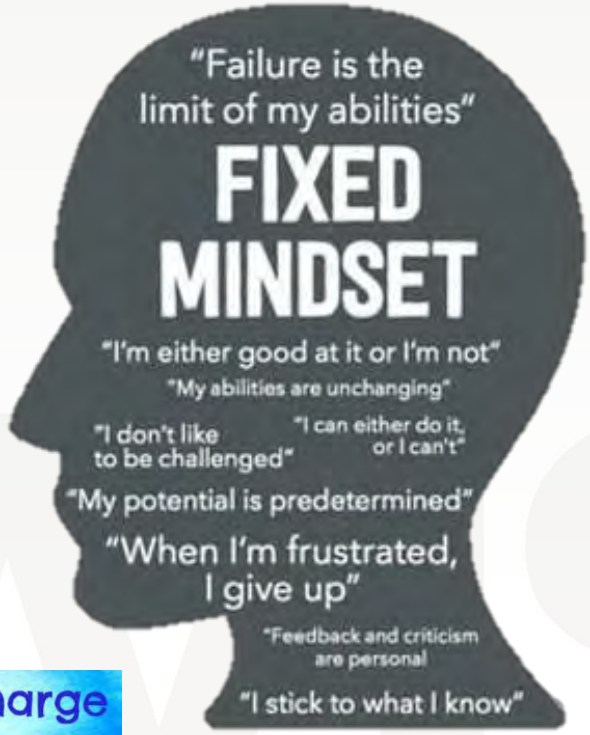
People or Relationships?

Declutter

Make space for what is important to you

Owning Your Education





Take charge of your own learning.

Owning the Information

Owning Your Responsibilities

"I am responsible for it"	"I own it"	"I am accountable for it"
From Performing	→	To Higher Performing

Owning Your Technology

Degree Works

Gmail

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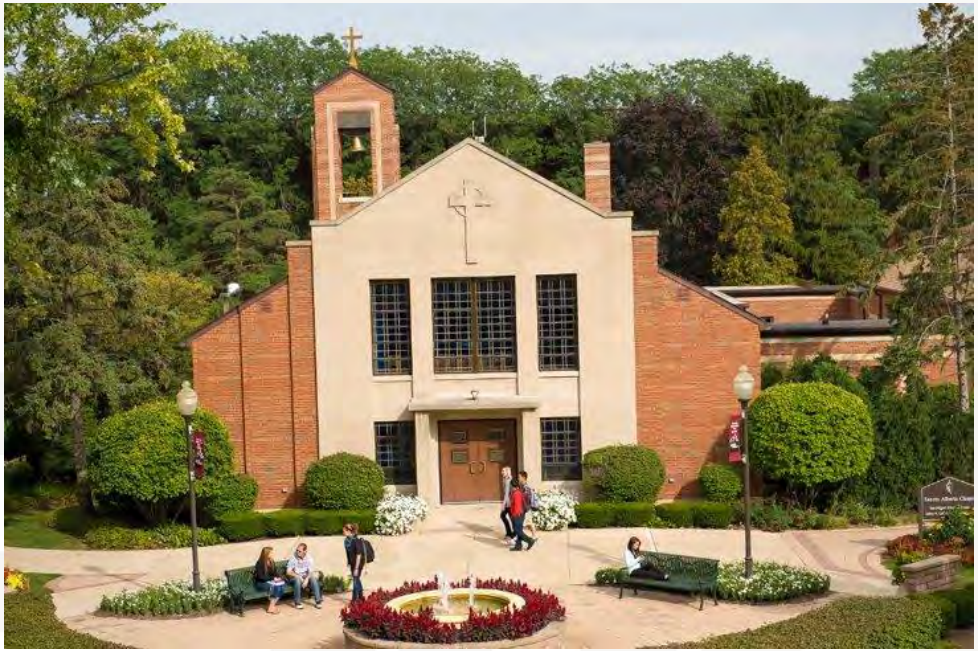
Owning Your Spirituality



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Owning Your Identity & Character

Create Your Own Identity

Owning Friendships & Social Life

STUDENT CLUBS AND ORGANIZATIONS

Owning Your Relationships

Owning Your Physical Health

Get Active!

Sedentary behavior has been linked to many medical problems

It's recommend adults get at least 150 minutes of physical activity a week. You can benefit from even a little activity at a time

Maintain Your Muscles

Building muscle helps you keep up the activities you enjoy at any stage of your life

Bone health helps protect against injury and allows us to stay mobile

Eat a Healthy Diet

A healthy eating plan not only limits unhealthy foods, but also includes a variety of healthy foods.

Eat the Rainbow!

Get Vaccinated

Vaccines boost our immune systems to fight against serious illness

Helps prevent spread of disease

Maintain Doctor Visits

Regular visits to your PCP can help detect health conditions or disease prematurely

Forming a partnership with your PCP can help with effective treatment

Build Healthy Habits

Making healthy choices help us feel better and live longer

It may not be easy but research shows building a healthy lifestyle can have both physical & mental health benefits

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Owning Your Mental Health

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STAY HONEST
Stay honest with yourself and others. Personal strength and emotional stability is built on integrity and transparency.

STAY DETERMINED
Find your primary reason for doing the work of emotional recovery and keep it first and foremost.

STAY PEACEFUL
Make every effort to be a peacemaker, overlook offenses, and stay serene and calm.

STAY INTENTIONAL
Get rid of haphazard and random living. Stay deliberate, determined, and purposeful.

STAY GRATEFUL
Remain humble and accepting. Be grateful for another chance to get your life back.

STAY BALANCED
Keep work, love, projects, and people integrated in a finely tuned harmony.

STAY POSITIVE
Keep a positive, upbeat, and optimistic attitude. Smile, laugh, and enjoy your life.

STAY STRONG
Be known for the best attitude, best effort, and best character. Finish strong.

STAY CONNECTED
Stay close to those who support your recovery and distance yourself from those who do not.

STAY HOPEFUL
Remain confident that your future is filled with the promise of good things to come.

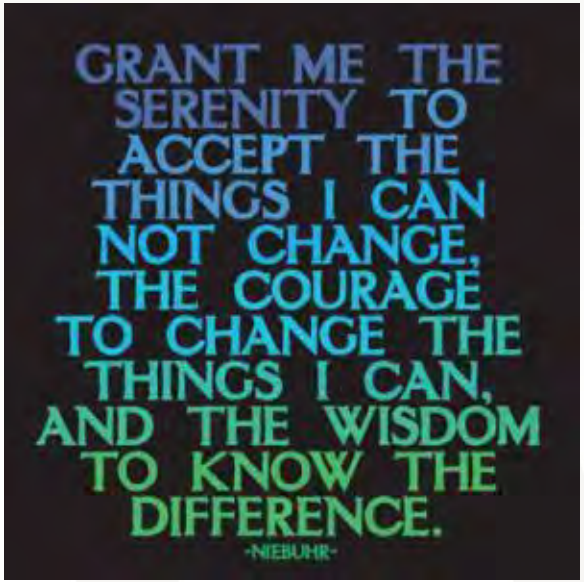
Group Discussion

- Using the Post-It Notes:
- **Jot down five areas in which you can make immediate changes to take control of your education and well-being**
  - Write one area per post-it note
- **Specifically, what step will you take to start implementation?**
  - Add to the associated post-it

On-Campus Resources

- Check out Academic Support Resources **here.**
- Schedule an appointment with the **Writing Center** or a tutor **here.**
- Check out **The Well** and these **mental health resources.**
- Students can learn about Health & Counseling Services and request an appointment **here.**
- Rec & Fitness has many activities related to wellness, learn more **here** and follow them on Instagram!
- Explore campus activities and opportunities for community and connection through the **Office of Student Activities** and **University Ministry.**

"Life is what you make of it."



AFFIRM your inner dialogue, practice self-talk…

Best wishes - takeaways & feedback