

# BACK TO SCHOOL!

Manchester  
University

Issue 188  
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## Toilet Talk

### Welcome Back!

Hello again to everybody and welcome all first years!!! We hope you are all ready to get the 2016-2017 school year under way! Here are a few tips to get your semester started off right!

- Pick up blank schedules and note cards from the success center located in Upper Jo Young Switzer Center to help stay organized.
- Utilize study tables! Stay on top of assignments and tests so you won't stress out later!
- Try to fit in some physical activity for at least 30 minutes a day.

### Toilet Talk

Toilet Talks are written by the student health assistants in Health Services. If you have any suggestions of health related topics you would like to see in the upcoming issues please email us at [HealthServices@manchester.edu](mailto:HealthServices@manchester.edu)

### Don't Miss

**Sober Thoughts** - Robert Hackenson Jr., a professional college speaker, will focus on how to see through common college misperceptions about alcohol and drugs and make positive life choices. His "edutainment" infuses magic and hypnosis skits

VIA credit

Monday, September 19<sup>th</sup> 7 pm  
Cordier Auditorium

### Wellness Services

Wellness Services (Health and Counseling Services) are located on the 1<sup>st</sup> floor of Calvin Ulrey. A registered nurse and student health assistants are available for minor illnesses and injuries without charge for all students.

Licensed counselors are also available.

#### Office hours:

Monday - Friday 8 am - 12 pm and 1 pm - 5 pm.  
Call 260-982-5306 to make an appointment.

Student Health Assistants are on call nights and weekends between 4 pm and 7:30 am. They can be reached by phone at 260-901-3123.

### Important Dates

- \* August 30<sup>th</sup> - Opening Convocation - 3pm, Cordier
- \* August 31<sup>st</sup> - First day of classes
- \* September 1<sup>st</sup> - Activities Fair - 5 pm - 6:30 pm  
Sign up for clubs and activities!
- \* September 2<sup>nd</sup> - MAC Kickoff weekend - Friday, Glow Rage Party. 9pm - midnight near mud volleyball pit  
Sponsored by MAC
- \* Saturday, September 3 - Movie on the Mall - Zootopia 9:30pm Sponsored by MAC
- \* Saturday, September 10 - Bubble soccer/Campus golf tourney/Slip 'n slide kickball. 6pm - 9pm Rhiney Bowl
- \* September 5<sup>th</sup> - Labor Day - Classes still in session
- \* September 16<sup>th</sup> - Students may change rooms 9 am to 5 pm
- \* September 19<sup>th</sup> - Ticketing begins for parking decal violations

Brought to you by Wellness Services - August 2016

Questions? Comments? Please e-mail [HealthServices@manchester.edu](mailto:HealthServices@manchester.edu)