

Inside OUT

Newsletter from the Ottawa University Office of Student Affairs | Student Health Services | Ottawa, Kansas

ABOUT

When deciding on the name for this quarterly newsletter, the team put a lot of thought into connecting with our students and services.

A healthy outside starts from the inside. Taking care of yourself—physically, mentally and emotionally, are all equally important to living a life of significance and health.

As our students and families navigate their health and wellness at Ottawa University, our dedicated staff is here to help them face this challenge with peace and compassion. Understanding that many students on campus are miles away from their families and general practitioners, health care providers and family support.


The dedicated team within the Office of Student Life is here to assist students as they navigate the world of college life, transition from living at home, and taking on full responsibility for their health and wellness to be impactful members of society.

DIRECTOR'S NOTE

I hope that you are all doing well in light of the many changes that have been thrust upon us during this worldwide pandemic. The Office of Student Affairs and the Health Services Office has been reaching out to send regular communications and check-ins with our current students. If you have not received those messages, please let us know!

In this time, we are faced with challenges, changes to our routines, and limited face-to-face contact with our social supports. We want you to know that you know we are here for you. Distance cannot change our desire to serve and support our Ottawa University Braves Nation community.

This summer we are launching a FREE 4-week summer wellness program. This program is intended to be flexible and adaptive for all Braves. You will find workouts by Braves Athletic Performance, wellness tips, healthy recipes, book/pod cast recommendations, and more. Follow us on Instagram @oucounseling for updates, encouragement and staff/student spotlights.


Kelsey Foss, LPC
Director of Counseling

BRAVES JOURNEY



College is full of transition: with most of those transitions being new. Student Health Services understands that transition and wants to come along side you and help you succeed. A Braves Journey "New Beginnings" is a new class for the Fall. This is a 4-week journey for incoming first year students. During the class we will look at balance, connection and staying focused amongst other things. Keep an eye out for our Fall newsletter for more information as well as how to sign up. This class is tentatively set to begin in late August or early September.

SUPPORTING BRAVES NATION



In this time of pandemic, it is not unusual to find ourselves a little more anxious than usual. It seems every day we learn something different about COVID-19 and what we thought we knew has changed. OU cares about how you are doing now, as well as how you will be doing throughout the summer. That is why we have come up with a summer program for keeping students active, healthy, and motivated.

In addition, you might find this article helpful as you go into the summer. The article covers the importance of being resilient, doing things to take care of yourself, as well as seeking help if and when you feel your anxiety is more than you can take. For more information on both of these resources, click here.

UPCOMING PROGRAMS

AUGUST

26

Brave's Journey New Beginnings Workshop
More details coming soon.

SEPTEMBER

7-11

Suicide Prevention Week
Watch for event details.

OCTOBER

18-23

Domestic Violence Awareness Week
Watch for event details.

NOVEMBER

16-20

Mental Health Awareness Week
Watch for event details.

PROGRAMMING



Student Health Services puts on a variety of campus wide programs throughout the year. We are excited for the three main weeks we have planned for the Fall semester. Each of these weeks will have opportunities for students to engage with each other and staff in learning more about the topics. These sessions are generally led by the Counselors, Nursing staff and or community advocates we work with. These activities are interactive and designed to empower and equip each student to be successful in school as well as once they have completed their journey at Ottawa.

IMMUNIZATIONS

Today it is even more important to understand immunizations and how they can protect you and your classmates/roommates. Most immunizations have a long history of being effective. While there are new strains of disease that emerge, vaccines are still extremely effective and there may be an booster available to combat the new strains.

Some diseases progress rapidly and can cause effects on the brain and circulatory system, as well as loss of limbs and/or life. Vaccines fight against a variety of diseases, including some cancers. As we are still feeling the effects of the COVID-19 pandemic, we hope that you will take every opportunity to protect yourself. For the protection of the entire Braves Nation community, immunizations are required.

GET CONNECTED

We invite you to connect with the Office of Student Affairs and the Health Services Office through our social media sites. In addition, watch your OU email for important information throughout the summer and year!



@ouksStuAffairs



@ouks_studentaffairs
@oucounseling

MEET THE STAFF



KELSEY FOSS, LPC

As the Director of Counseling, Kelsey provides oversight to the Counseling Center and collaborates with other departments across campus to support the wellbeing of the Ottawa community. She brings diverse clinical experience to the center and utilizes a variety of evidenced based approaches to support students as they navigate challenges during college life. At home, Kelsey enjoys spending time with loved ones, exploring local coffee shops and traveling.

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SCOTT SMITH, LPC

With 19 years of experience with young adults and teens, Scott offers individual counseling and oversees mental health programming at Ottawa University. At home, Scott enjoys woodworking, BBQ, and spending time outside with his family wife of 13 years and his 8 year old son.

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MARTHA DODD, RN

Nurse Martha's background includes many years of clinical and instructional nursing, with over ten years now here on our campus. At home, she spends time with her family, and enjoys music, cooking, baking, and helping OU students make the transition from their adolescent home life to young adulthood at Ottawa University.

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