

THE STALL SEAT JOURNAL

SPRING 2024- EDITION 1

YES. NO.

Know Your Boundaries

Boundaries allow an individual to set limits in certain areas of their lives based on their own values and priorities. Everyone's boundaries are different, so it's important to accept and respect others' boundaries.

Consent occurs when a person gives permission for something to happen or accepts a person's request to do something. Consent can be taken away at any time, so respect when someone says "No." Respect boundaries and always ask for consent!

For more information about consent, scan the QR code.



make new friends!

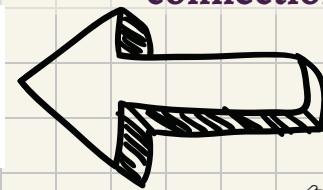
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PROJECT CONNECT

Building connections on campus is more than just swapping numbers—it's about creating meaningful friendships and support networks.

Project Connect is a peer-facilitated program that helps students get to know each other, have great conversations, and build community on campus. The program lasts 6 weeks, and it is completely free! The first session starts on January 31st. Sign-up to meet new people and build stronger connections.



Scan to register on RamConnect!

Remember C.U.P.S

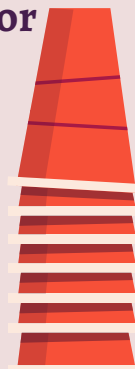
Here is an acronym to remember the signs and symptoms of alcohol poisoning!*

C- Cold, clammy, pale, or bluish skin

U- Unresponsive, unconscious, or person cannot be awakened

P- Puking, when passed out or uncontrollably

S- Slow, shallow, or irregular breathing



Take action right away and call 911 or campus security if you or friends are experiencing any of these symptoms or need medical assistance due to a substance-related emergency.

A person does not need to show all of these symptoms to be experiencing alcohol poisoning!

Rammy Riddler

What is there one of in every corner and two of in every room?

SCAN ME



How to Get Back Into the School Mindset!

- Revamp your workspace: Whether it's moving your desk around or cleaning it up, organizing your workspace can help motivate you and start fresh!
- Start small: Don't rush into your courses, start with simple tasks like reading the class syllabus and expectations.
- Organize your time: Look at your schedule and start to organize and prioritize.
- Set your goals for the semester.
- Practice meditation and mindfulness: if you're feeling overwhelmed, take the time to practice breathing techniques.



Find us on RamConnect at Wellness Promotion!

For more information and sources on the content above, scan the QR code!



Office of Wellness Promotion
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