

## **Health**

Health is important at all times in all places. St. Olaf works to make sure you are dealing with everything. We have resources on campus that you take advantage of to get the most out of it. While on the Hill try new things and do things that keep you mentally, physically and emotionally healthy.

### **First year**

#### **Fall**

- Attend wellness events. They are events put on by the Wellness Center to keep you informed and help you stay healthy. You are required to attend some events as part of an SPM course, however you are more than welcome to go even if it is not for a credit.
- Intramural sports are a great way of staying fit and healthy and a way to make friends. Each block has different sports that you can join and although it is competitive it is meant to be a fun way to work together with your friends. There are more serious sports as well as more casual ones.
- Stop by the Wellness Center to stay informed. They have many great resources that are not emphasized during orientation and many new initiatives that they implement during the year.
- Take your time! You are in a new environment and in a new culture. Adjusting to a different lifestyle can take quite a while so make sure to reach out to people who are there to support you.
  - People might seem like they have everything in their life organized and it is not affecting them, however everyone deals with things differently. If you are struggling then reach out!

#### **Interim**

- Pay attention to staying healthy. Although it is super cold outside, going to the gym every now and then with a gym buddy will lift our spirits. It is easy to get stuck into a routine where you spend most of your time in your room, but try to spend time with your classmates and people you haven't seen for a while.
- Taking care of your mental health during the winter months is essential. You will spend less time outside and there will be much less sunlight so make the most of your days and keep yourself busy.

#### **Spring**

- The natural lands are beautiful in the spring months. Taking a short walk as a break is very beneficial and can improve your mood instantly.
- Explore the northfield area. There are many little things that you might have missed initially and now is a great time to find the places that you like to go to. It is important to find a place that you can go to when you need a break from campus life.
- Studying in the library can get repetitive and boring so switch it up and go to a cafe instead. There are many places in Northfield that are ideal for studying.

## **Sophomore**

### **Fall**

- Join a sporting club if you haven't already. It is a great way to keep healthy and meet new people. There is something out there for everyone, from boxing to ballroom, having a regular movement scheduled in is essential for physical fitness.
- Make a list of things that you find relaxing and schedule time in your calendar to do them. Sophomore year can be exhausting physically and mentally, so make sure you take time out for yourself.

### **Interim**

- There are great online workouts to do in your room without having any weights. Try to get up early and start the day with something productive so you can keep it up during the day.
- Talk to upperclassmen about their experiences and what they do to stay healthy.

### **Spring**

- Explore the cities! There are many parks and museums that are free and you are able to go to them to break out of the campus bubble. Try out new things to relieve stress.
- Committing to a major can be overwhelming and the staff and students are there to support you. Talk to other students about their plans and keep calm about your own. Think it through, but don't try to have everything figured out just yet.

## **Junior Year**

### **Fall**

- The last two years will have more difficult classes, so it is essential that you know how to manage your stress. There are many wellness events related to managing stress and managing your time which are really helpful. Resources from CAAS are there to aid you in your studies. Take advantage of all of the resources available to you. Getting into good habits now will help you out during your senior year as well.
- Junior year is a time that stresses most juniors out. As you should be thinking about life after college, what I have accomplished so far and more. All of this thinking can affect your health, it is important to take time for yourself and talk to someone about all life choices that arise.

### **Interim**

- Consider taking an interim off. If you have enough credits and you do not need to take a specific course, it is beneficial to take a break every now and then for your mental health. It is difficult to keep healthy in the month of January so spending with family or at an internship is ideal.
  - You are allowed to take an interim off. Missing your family and your home country is natural especially during your third year.

## **Spring**

- The last semester before senior year puts pressure to try out everything at once. Make a list of things that you still want to do before leaving college. You might not have time to do everything that you would like to during senior year.

## **Senior Year**

### **Fall**

- As it is the last year in college, there is a lot of pressure on students to figure out what they want to do in the future, especially if you are an international student trying to work or study further in a different country.
  - Making a clear plan for yourself and using a calendar will help relieve some of the stress. Make sure you know when the deadlines are for applications and keep them in mind, but don't let them stress you out. If you feel like it is too much, then reach out to friends and family who can help you talk through your future plans.
- Have a list of things that you would like to do while still in college and do one every now and then to relax.

### **Interim**

- Enjoy your last interim on or off campus. There are a number of activities that you can do with friends that will help you relax.

## **Spring**

- During the final semester, there will be a lot of things to keep you distracted but make sure that you are staying healthy both mentally and physically. Take advantage of the resources that are available on campus to help you prepare for a different lifestyle after college.

## **Tips and Tricks**

- Unhealthy habits can go unnoticed until long term effects can be seen. Make sure to develop healthy habits from the very beginning of your college career. Even if it's just 10-15 minutes every day to reflect on the day, it is important to be mindful of what you are doing for your physical and mental health.
- Health insurance! St. Olaf College International Student Health Insurance has great coverage and it is 100% accepted by the college at a reasonable price. In the United States, the healthcare system can be daunting as it is very different from the system from other countries. There are other health insurance plans available in the US, however you will have to do research into whichever insurance you buy, as every insurance plan has different limitations.
  - As an international student, you might have heard stories about going to the doctor in the US that are not the most positive and it can seem like a very expensive thing to do. This is where it is essential that you know what your health insurance covers and how much you will have to pay for yourself. Ask domestic students and junior or senior students as they will have the most experience with this kind of thing. For most things you can look up the estimated price before and after health insurance online which is highly recommended.

- If you choose to have an insurance plan that differs from the one recommended by the college, make sure you read every part of the documents that are given to you. It will help you be ready for emergencies and will give you more confidence in going to the doctor when you need to and helps avoid surprises. With the health insurance plan that is recommended by the college, there are staff that you can ask about what the insurance covers as they are more familiar with it.