

|            | <b>Counseling Services Knowledge</b>  | <b>True or False</b>  | <b>Exercise</b>   | <b>Mental Wellness</b>   | <b>Support 101</b>  |
|------------|---|---|---|--|---|
| <b>100</b> | Where is Counseling Services located?   | Our brain is a muscle just like any other muscle in our body.   | What is an exercise that you do every day that helps with your mood, energy, health, and self-care? | Why is the start of a new school year stressful?                                       | Who is someone you know or have met you could reach out to on campus?                                       |
| <b>200</b> | Until what time are they open on Tuesdays?  | H.A.L.T. – HUNGRY, ANGRY, LONELY, TIRED<br><br>Any one of these can make or break your day, mood, or concentration.                                 | What is one kind of physical activity can you do at home to exercise your body and mind?            | What is 1 thing you do to stay calm or take a break after a long day of work/studying? | What professor could you follow up with to learn more about a course, profession or area of study?          |
| <b>300</b> | What is the name of the therapist who is fully bilingual in Spanish that works there? | Feeling nervous about starting the semester is silly and not “normal”.  | Where is the Saint Rose Fitness Center located and what are their hours of operation?               | Name one kind of meditation practice you have tried or heard about?                    | What student group(s) are you interested in learning more about?  |
| <b>400</b> | Who is the therapist that has worked there for over 5 years?                          | You can catch up on sleep on the weekends so it is ok to pull an all-nighter or stay out real late and sleep very little before class the next day. | What kind of exercise can you do on a yoga mat besides yoga?  | Why is your sleep and nutrition important for mental wellness?                         | How might you benefit from attending an event sponsored by or at the Sanctuary?                             |
| <b>500</b> | Who is the person in the video on our website?  | If you talk about suicide it can make you suicidal.   | Name 3 exercises you can do without going to the gym or using weights?                              | How can medications help with mental wellness?   | Have you planned on connecting with friends/family from home while in college? If not, how would you start? |

Counseling Services – (518) 454-5200 | <https://www.strose.edu/student-development/health-counseling-wellness/counseling-services/> | @strosecounselingctr on Instagram

Athletics Department – (518) 454-2063 | <https://gogoldenknights.com/> | @gogoldenknights on Instagram

## How to play! Four

ways to win!!!

1. Answer all the questions and submit in person or via email, [counseling@strose.edu](mailto:counseling@strose.edu), by 4pm on September 10, 2021.

The first person to submit a completed and correct sheet will win the GRAND PRIZE courtesy of the Bookstore and Counseling Services, which will include something to keep you warm during the cooler months of the year!

2. Two runners up will win a 2<sup>nd</sup> Place Prize as well.
3. You can also win a Self-Care Goodie Bag Prize by answering any series of questions during a tabling event that totals 1,000 points or more!
4. You can also win a Mini Goodie Bag Prize by following us on Instagram @[csrcounselingctr](https://www.instagram.com/csrcounselingctr) or signing up to receive information about future events!

WRITE IN ANSWERS BELOW!

|     |     |     |     |     |
|-----|-----|-----|-----|-----|
| 100 | 100 | 100 | 100 | 100 |
| 200 | 200 | 200 | 200 | 200 |
| 300 | 300 | 300 | 300 | 300 |
| 400 | 400 | 400 | 400 | 400 |
| 500 | 500 | 500 | 500 | 500 |