

10-2020

## Notes for the Stalled, v13n3, October 2020

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# NOTES FOR THE STALLED

## Did You Know...?

The UNI Counseling Center hosts different mental health related training sessions? Best of all the trainings are free and open to all students, staff, faculty and administration!

### Trainings Offered

- QPR," which stands for "Question, Persuade, Refer," teaches participants how to have difficult conversations with people regarding mental health and suicide.
- Mental Health Ally Parts 1 & 2 are similar to Safe Zone Ally Training for the LGBTQ+ communities
  - Part 1 starts with the basics of mental health and mental illness.
  - Part 2 offers a little more in depth knowledge of stigma and delves into being a mental health ally.
- "Men & Mental Health" is open to everyone, regardless of sex or gender, as it is meant to provide education on masculinity's effect on Mental Health.
- Other trainings on Resilience, Time Management, and Test Anxiety are done upon request (minimum of 5 participants required.)

Scan the QR code for the training schedule!



## Wind Cave

Head on down to the UNI Museum's newest exhibit featuring research on Wind Caves that UNI's



Department of Chemistry took part in during the spring semester! Their two primary goals were to analyze cave materials and test water in the caves. Visit the exhibit to learn more!

## Help Us Out!

Have you any past or upcoming election paraphernalia you're looking to part ways with? UNI's Museum is looking for items to be donated to the Political Americana Collection! Please contact the museum's Director and Chief Curator, Nathan Arndt, about donating or with any questions.

The Special Collections and University Archives at Rod Library is also still participating in the community archiving project to document experiences of the coronavirus outbreak. For more information see: <http://ow.ly/5X5750zWY3Q>

## Protests and Student Activism

This month's digital diversity display features "Protests and Student Activism" Check out <https://tinyurl.com/rodprotest> to see library digital resources surrounding this important topic! Check back every month for a new collection.

# forward together

PROTECTING OUR PANTHERS



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