

November 2024 Newsletter

I. Planning for the Spring 2025 Semester

A. Making Your Calendar

1. Effective calendar planning is one way your organization can be set up for success.
2. How does it help?
 - a) Planning decreases stress around logistics, since it allows for enough time to explore options.
 - b) It allows officers in charge to manage their time effectively.
 - c) This creates expectations for members around attendance.
 - d) Can assist with visualizing the flow of the semester.
 - e) The planning process also serves as an excellent officer transition activity.
3. Tips for calendar planning:
 - a) Include dates to avoid:
 - (1) University breaks (*Spring Break is the week of March 17th*)
 - (2) Holidays celebrated by your membership
 - (3) Major sporting events
 - (4) FSCL Events (*see Section IV. Save the Dates*)
 - b) Consider programming goals AND the influence of weather
 - (1) Community Service - both indoor and outdoor options
 - (2) Philanthropic events
 - (3) Brotherhood, Sisterhood and Siblinghood activities or membership education
 - c) Remember Education Requirements (Organizational or Sanctions)
 - (1) Consider deadlines for completion
 - (2) Provide your guest speaker/educator with a number of date options, or enough notice if your date is specific.
 - d) Provide the calendar to members of firm event dates as soon as possible

II. Health & Safety

A. Mental Health Checkup

1. November is [National Gratitude month](#), and research has shown that consciously practicing gratitude can reduce feelings of stress and anxiety. Studies have found that a single act of thoughtful gratitude produces an immediate 10% increase in happiness, and a 35% reduction in depressive symptoms.
2. As organizational leaders, your plates are consistently more full than empty. You're juggling classes, work, a social life, and fraternity/sorority/cooperative obligations. It's important to not only focus on physical health but also take time to ensure that your mental health is getting the attention it deserves.
 - a) [CAPS](#), Counseling and Psychological Services, has same-day or next-day appointments. Contact 765-494-6995 to make an appointment. Services are brief in nature. There are no predefined session limits. Crisis services are available 24/7. Call 911 if your crisis is life-threatening. After-hours support is available by calling the CAPS main number and pressing 1.
 - b) [TAO](#) is a free, confidential well-being resource with self-guided resources including short videos, brief exercises, and self-reflection tools to help overcome anxiety, depression, social support, relaxation, problem solving, overcoming loneliness and other concerns. To enroll simply click on the link and log in using your Purdue credentials..
3. We encourage you to also look out for your brothers/sisters/siblings in your community by asking tough questions. Many times, there are obvious signs that someone is struggling and maybe they need someone to genuinely ask how they are. Be that someone.
 - a) [Student of Concern](#): Worried about another student? Report your concern through the Student of Concern Report.
 - b) [QPR Suicide Prevention Training](#): Question, Persuade, Refer training helps Purdue community members learn to recognize the warning signs for suicide, assist those in need, and review helpful Purdue resources.
 - (1) Additional Resources
 - (a) [988 Suicide & Crisis Lifeline](#)
 - (b) [National Suicide Prevention Lifeline](#): 800-273-8255 (TALK)
 - (c) [National Suicide Prevention Lifeline Online Chat Services](#)
 - (d) [Crisis Text line](#): Text IN to 741741 for free, 24/7 crisis counseling. We're here for you.
 - (e) [Trevor Project Lifeline](#) (confidential suicide hotline for LGBTQ+ youth): 866-488-7386
 - (i) [TrevorChat](#)
 - (ii) [TrevorText](#): Text START to 678-678.



B. Other Resources

1. [PUSH](#), the Purdue University Student Health center, strives to keep you healthy and well. If it is right for you, consider getting a COVID-19 booster and/or flu shot. If you are sick or have a fever, get checked out! Delaying care can lead to worsening conditions.
2. [Recreation and Wellness](#) provides our community with activities that contribute to learning and the pursuit of an active, healthy lifestyle. This excellent resource offers exercise, fitness training, nutrition counseling, wellness coaching, a mindfulness space, financial literacy/ [Boiler Financial Track](#) and, in general, an excellent social outlet.
3. [ODOS Student Support Services](#): Some students may not need to see a licensed clinician to feel better and/or supported. The Office of the Dean of Students is staffed with professionals who care deeply about students and their success. To visit a student support specialist between 8 a.m. and 5 p.m. weekdays, visit the office on the second floor of Schleman Hall, and they can help.
4. [CARE](#): Center for Advocacy, Response & Education -CARE provides free and confidential advocacy services to students who have experienced interpersonal violence (e.g., sexual violence, sexual exploitation, relationship violence, and stalking). The goal is to provide non-judgmental and survivor-focused services to empower survivors to make informed decisions that help them heal.
5. [Steps to Leaps](#) is an initiative, intending to bolster student success by offering tools, resources, and support for all aspects of your life. This is a unique program in that Purdue University sees every student as a person who can excel on their own path to achieve personal goals.
6. **Personal Networks**: Never forget to activate your own personal support network: friends, family, advisors, coaches, supervisors, past teachers, clergy, mentors, and others.
7. **What is Conflict Competence?** The issue isn't whether we will encounter conflicts but how we handle them. Conflict Competence is the ability to aid in navigating differences while creating a productive outcome during conflict. [Click here to access self-guided resources, guides, and campus resources to learn more.](#)

III. What is Happening on Campus?

A. Men's Health Speaker Sessions

1. The staff at CARE have had the great opportunity to collaborate with many strong male-identifying individuals across campus to create a speaker series to shed some light on topics such as masculinity, violence prevention, mental health, and conflict. CARE hopes to start the conversations around this topic which can then lead to destigmatizing individuals from getting help simply based on how they identify. If there are any thoughts or questions, please don't hesitate to reach out to the CARE team at care@purdue.edu!
 - a) ***Please see the flyer at the end of this newsletter for more details!***
 - b) Note, everyone and anyone is welcome to this series.

B. Dia De Los Muertos/Day of the Dead

1. November 1, 2025
2. <https://events.purdue.edu/event/day-of-the-deaddia-de-los-muertos>
3. In 2008, UNESCO recognized the importance of Día de los muertos by adding the holiday to its list of Intangible Cultural Heritage of Humanity. Day of the Dead originated several thousand years ago with the Aztec, Toltec, and other Nahuatl people. For these pre-Hispanic cultures, death was a natural phase in life's long continuum. The dead were still members of the community, kept alive in memory and spirit—and during Día de los Muertos, they temporarily returned to Earth.

IV. Save the Dates

A. FSCLS

1. Sunday, November 10th

B. FSCL Open House

1. Tuesday, December 3, 2024 from 1 - 4 pm in Krach 229 (the FSCL Office).

C. CPLA - Incoming Council Officers/Chapter Presidents and those that will continue in their role are expected to attend. If this conflicts with your national organization's leadership training, please notify your council advisor ASAP.

1. Friday, January 10th - Sunday, January 12th

D. Meet FSCL

1. Tuesday, January 14th from 6-8 PM in PMU Ballrooms

E. Health & Safety Initiatives Week (HSI)

1. Tuesday, January 21st - Thursday, January 23rd from 6-9 PM

F. New Member Educator Training

1. Tuesday, January 21st from 6-7 PM in KRCH 230
2. Wednesday, January 22nd from 6-7 PM in KRCH 230

G. AFLV Central & NBGLC

1. Thursday, January 30 - Saturday, February 1st

H. FSCLi

1. Saturday, May 10, 2025 - Wednesday, May 14, 2025

I. Check out our Full Calendar of Events

1. <https://www.purdue.edu/fscl/about/events.html>

V. Action Items

- Fall 2024 FSCL END OF SEMESTER Reporting Deadline - December 1, 2024:**
 - Report new officers and their contact information to FSCL once elections are complete: email fscl@purdue.edu with updates!
 - Philanthropy and Community Service Reporting Form: <https://boilerlink.purdue.edu/submitter/form/start/397683> - Form will be active beginning 11/1.
 - Final Roster Updates: FSCL student workers will send the current organization roster to house/chapter presidents during the first week of November from the Purdue FSCL email account to help confirm updates, and updates should be made via boilerlink.
 - If anyone needs to be added to your roster - please have that MEMBER fill out [this form](#) <https://boilerlink.purdue.edu/submitter/form/start/24702> on Boilerlink logging in with their own log-in information. Submitting forms through their account is vital as there are agreements they sign off on, which may not be done through others' accounts. You may also use the new QR code below to navigate to this form:



- If anyone needs to be removed from your roster – The OFFICER responsible for updating your Roster should complete the [FSCL Member Removal Request Form](#) on Boilerlink. One form should be completed for each member you desire to remove from your roster. You may also use the new QR code below to navigate to this form:



- COMING UP....Student Organization Registration Process** must be renewed upon the election of new chapter/house officers: <https://www.purdue.edu/sao/organizationofficers/index.html>. This is happening for most FSCL organizations in the next 3 months.

- If you **DO NOT** have an active **Faculty/Staff Advisor** - you should begin looking for that person now so that your registration process is not delayed. https://www.purdue.edu/sao/Advisors/Expectations_of_Advisors.html

- Winter Break Checklist for FSCL Houses:** Holmes Murphy provides this resource to help organizations prepare for winter break house closure. <https://www.holmesmurphy.com/wp-content/uploads/2024/08/Cold-Weather-Checklist-2024.pdf> . Please review the entire checklist, but a few highlights include the following:
 - Update Emergency Contacts for FSCL Houses:** Please Update as needed - this is very important, especially during breaks when residents are not physically occupying the house
<https://www.purdue.edu/ehps/fire/fire-safety/greek-housing-form.php>
 - Ensure furnace is on/operating and thermostat is set at or above 60 degrees
 - Ensure all hoses are removed from exterior water spigots/faucets
 - Ensure premise is secure
 - Ensure someone is available to check on the facility regularly

- RSVP to attend CPLA:** <https://boilerlink.purdue.edu/event/10574516>
 - Once you have confirmed your new officers, encourage them to RSVP to attend the Chapter Presidents and Council Officers Leadership Advance. This year's dates are January 10-12, 2025. The attendance expectation is that all Chapter Presidents and elected council leaders attend this program. Attendees will leave campus on Friday, January 10th at 10 AM on a bus to Camp Tecumseh. We will return by 1 PM on Sunday, January 12th. This is an opportunity to build your leadership tool kit as you prepare for the start of your term (for those transitioning officers at the end of this semester).

MEN'S HEALTH

SPEAKER SESSIONS

11/6

BRANDON CUTLER(FSCL)&COREE BURTON (UR)

Topic: Masculinity and what it means to be a man in 2024

6:30pm-7:30pm

@ KRACH 260

11/12

DR. NAZEER ZERKA (CAPS)

Topic: Men and Mental Health

6:30pm-7:30pm

@ CoRec Howard Taylor Conference Room

11/19

BRIAN KOCHER (UR)

Topic: Men and Feminism

6:30pm-7:30pm

@ CoRec Howard Taylor Conference Room

11/26

DALTON PFOFF (OSRR)

Topic: Conflict and Masculinity

6:30pm-7:30pm

@ CoRec Howard Taylor Conference Room

Join our speaker and discussion sessions, hosted by the Center for Advocacy, Response & Education alongside our campus partners as we engage in various topics within men's health.

WELL-BEING INITIATIVES

SLEEP

60%

OF COLLEGE STUDENTS HAVE POOR QUALITY SLEEP



55%

OF PURDUE STUDENTS REPORTED POOR SLEEP IN 2023

WHY IS SLEEP IMPORTANT?

LEARNING

.07↓

GPA REDUCTION PER EVERY LOST HOUR OF SLEEP

POOR SLEEP CAN REDUCE YOUR ABILITY TO LEARN BY

40%

HEALTH

ATTENTION
DECISION-MAKING

CREATIVITY

BODY HEALING

REGULAR & CONSISTENT SLEEP POSITIVELY IMPACTS PHYSICAL & MENTAL HEALTH



QUALITY SLEEP ENHANCES LEARNING, MEMORY & PROBLEM-SOLVING.

WELL-BEING INITIATIVES

SLEEP HABITS

CONSISTENCY



7-9 HOURS OF SLEEP
NEEDED FOR ADULTS

CONSISTENCY = KEY.

SHORT NAPS ARE
RECOMMENDED **30-45**
MINUTES

QUANTITY MATTERS.

SCHEDULE



STICK TO A ROUTINE. GO TO BED & WAKE
UP AT THE SAME
TIME EACH DAY.

ENABLE ALARMS, REMINDERS & TRACKING. **DOWNLOAD SLEEP APPS.**

CREATE A BEDTIME ROUTINE. MEDITATING & READING CAN
HELP YOU RELAX & UNWIND.

UNDERSTAND WHAT AFFECTS SLEEP

SUCCESSFUL SLEEP BEHAVIORS — DAILY ROUTINES, EXERCISE
AVOID BEFORE BED — CAFFEINE, NICOTINE, ALCOHOL, SCREENS
SLEEP ENVIRONMENT — CREATE A DARK, QUIET & COOL ROOM

MINDSET

RECHARGE

— **NOT** —
EXHAUST

CONNECT

SELF-HELP
CAMPUS RESOURCES
SEE A PROFESSIONAL

