

# Simple Checklist Helps Students Manage Their Health for the First Time

*Having a plan to stay healthy both physically and mentally can help make the college transition smoother*

*The Ohio State University Wexner Medical Center*

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## NEWS PACKAGE

<b>SUGGESTED TEASE</b>	STUDENTS HEADING TO COLLEGE HAVE A LOT TO THINK ABOUT— LIKE ENROLLING IN CLASSES OR DESIGNING THEIR DORM ROOMS – BUT WHAT ABOUT THEIR HEALTH? COMING UP, A CHECKLIST FOR STUDENTS TO SET THEM UP FOR A HEALTHY TRANSITION TO LIVING ON THEIR OWN.
<b>ANCHOR LEAD</b>	ABOUT TWENTY MILLION STUDENTS BEGIN COLLEGE EACH FALL <sup>1</sup> , AND, FOR MANY OF THEM, IT’S THE FIRST TIME THEY’RE ON THEIR OWN – TAKING RESPONSIBILITY FOR THEIR ACADEMICS, DAILY ROUTINE, AND MOST IMPORTANTLY, THEIR HEALTH. BEING UNPREPARED FOR THIS TRANSITION CAN TAKE A DRASTIC TOLL, BUT CHECKING OFF A FEW PREPARATIONS CAN HELP THEM FEEL MORE IN CONTROL OF THIS NEW CHAPTER. BARB CONSIGLIO HAS THE DETAILS.
<b>(PACKAGE START) -----</b> <b>CG: Courtesy: The Ohio State University Wexner Medical Center</b> <b>:00 - :03</b> Shots of India getting water and medication out of purse.	(Nats - Sound) :02
<b>CG: India Carter</b> <b>College freshman</b>  Shots of India entering dorm room  Shots of Melnyk walking in hall with student	INDIA CARTER’S PARENTS HAVE ALWAYS TAUGHT HER TO BE INDEPENDENT, A SKILL THAT WILL SERVE HER WELL AS SHE HEADS OFF TO COLLEGE. :05  <i>“I’ve really been making sure to make my routines by myself and start making schedules.” :05</i>  IT’S A TRANSITION THAT ISN’T ALWAYS EASY, ESPECIALLY WHEN IT COMES TO TAKING CARE OF YOUR HEALTH. CHIEF WELLNESS OFFICER BERNADETTE MELNYK OF THE OHIO STATE UNIVERSITY URGES ALL STUDENTS TO CHECK OFF A FEW SIMPLE



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<p>Shots of India unpacking</p> <p><b>Graphic: Establish healthy habits</b></p>	<p>TASKS BEFORE MOVE-IN DAY TO BUILD A PLAN TO STAY HEALTHY ON CAMPUS.</p> <p>FIRST ON THE LIST, ESTABLISH HEALTHY HABITS. :17</p>
<p><b>CG: Bernadette Melnyk, PhD</b> <b>The Ohio State University</b></p>	<p><i>“Just like you build in time for classes, build in time for physical activity, healthy eating, stress reduction.” :09</i></p>
<p>Shot of India walking on campus Shot of India on elliptical Shot of India at salad bar Shot of student health center</p> <p><b>Graphic: Find local health care</b></p>	<p>AND JUST LIKE MAPPING OUT YOUR ROUTE TO CLASSES, BE SURE TO FIND PLACES ON CAMPUS THAT PROMOTE HEALTHY HABITS, LIKE THE GYM, HEALTHY FOOD OPTIONS AND STUDENT HEALTH CENTERS.</p>
<p><b>Dr. Melnyk (CG’d earlier)</b></p>	<p>NEXT ON THE LIST, MAKE SURE YOU FIND LOCAL HEALTH CARE. :11</p>
<p><b>CG: Adrienne Shinn</b> <b>Mom of college freshman</b></p>	<p><i>“Get connected to a primary care provider as soon as you get on campus. Learn where the pharmacy is so you don’t lapse in your medication regimen.” :11</i></p>
<p><b>CG: Adrienne Shinn</b> <b>Mom of college freshman</b></p>	<p><i>“Your parents don’t know what’s going on. Your friends don’t know you well enough yet to know what’s going on, only you do, so you need to take charge of your health.” :08</i></p>
<p>Shots of India in counseling session</p> <p><b>Graphic: Make your mental health a priority</b></p> <p>Shots of counseling session</p>	<p>AND NOT JUST YOUR PHYSICAL HEALTH. AN IMPORTANT ITEM ON THE CHECKLIST – MAKE YOUR MENTAL HEALTH A PRIORITY.</p>
<p><b>Dr. Melnyk (CG’d earlier)</b></p>	<p>BETWEEN THE PRESSURES OF SCHOOL AND FEELING ISOLATED IN A NEW PLACE, STRESS AND ANXIETY HAVE LED TO AN INCREASE IN MENTAL HEALTH DISORDERS AMONG COLLEGE STUDENTS<sup>2</sup>. :13</p>
<p><b>Dr. Melnyk (CG’d earlier)</b></p>	<p><i>“Take things day by day and focus on what is currently right in front of you.” :08</i></p>
<p>Shots of counseling session</p> <p>Shots of India on campus</p>	<p>IF YOU’RE FEELING OVERWHELMED, DON’T WAIT TO SEEK PROFESSIONAL HELP.</p>
<p><b>Graphic: Find a system that works for you</b></p>	<p>ALSO, CONNECT WITH CAMPUS ORGANIZATIONS EARLY TO START MAKING NEW FRIENDS. SOMETHING THAT CAN GO A LONG WAY IN REDUCING STRESS.</p>
<p>Shot of India writing in planner Shot of India using calendar app</p>	<p>AS IS THE LAST ITEM ON THE CHECKLIST – FIND A SYSTEM THAT WORKS FOR YOU.</p>
<p></p>	<p>INDIA USES A WEEKLY PLANNER FOR CLASSWORK AND SMARTPHONE APPS FOR MEDICATION REMINDERS. :18</p> <p>(Nats - notification bing. :01)</p>

<p>Shots if India and her mom going through dorm decorations</p> <p><b>Adrienne Shinn (CG'd earlier)</b></p> <p>Shots of India walking away on campus</p> <p><b>(PACKAGE END)</b> -----</p> <p><b>ANCHOR TAG</b></p>	<p>IT'S PREPARATIONS LIKE THESE THAT MAKE INDIA'S MOM CONFIDENT SHE'S READY TO TAKE ON THE WORLD AHEAD. :04</p> <p><i>"I feel like she has to the skill to adapt, and we're here for her."</i> :03</p> <p>AT THE OHIO STATE UNIVERSITY, THIS IS BARB CONSIGLIO REPORTING. :03</p> <hr/> <p>EXPERTS SAY NEW STUDENTS SHOULD ALSO ESTABLISH HEALTHY SLEEP HABITS AND KEEP THOSE ALL-NIGHTERS TO A MINIMUM, WHICH CAN BE A CHALLENGE.</p> <p>YOU CAN DOWNLOAD THE COLLEGE PREP HEALTH CHECKLIST FOR THE NEW COLLEGE STUDENT IN YOUR LIFE AT GO DOT O-S-U DOT E-D-U SLASH WELLNESS CHECKLIST.</p> <p><a href="http://go.osu.edu/wellnesschecklist">go.osu.edu/wellnesschecklist</a></p>
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### SOCIAL MEDIA

<p> <b>Share it! Suggested tweet:</b></p>   <p> <b>Suggested post:</b></p>	<p>Being on their own for the first time can be overwhelming for new college students, but expert <a href="#">@BernMelnyk</a> at <a href="#">@OSUNursing</a> offer a few simple preps to help make the transition a healthy one.</p> <p><a href="http://bit.ly/32TEwdl">http://bit.ly/32TEwdl</a></p> <hr/> <p>For many new college students, it's the first time they've been responsible for their academics, daily responsibilities and, most importantly, their health. It's a transition that can be overwhelming, but experts at <a href="#">The Ohio State University</a> offer a simple checklist to help make the transition a smooth one. <a href="http://bit.ly/32TEwdl">http://bit.ly/32TEwdl</a></p>
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### EXTRA BITES

<p><b>CG: Bernadette Melnyk, PhD</b> <b>The Ohio State University</b></p>	<p>Melnyk says mental health issues are growing among students: <i>"Mental health issues are really growing amongst college students. Particularly stress, depression and anxiety."</i> :10</p> <p>Melnyk says don't wait too long to seek mental health care: <i>"If you find that you're stressed, it's starting to interfere with functioning, you'll want to make an appointment with a counselor, not wait until you're in a crisis situation."</i> :13</p>
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<p><b>CG: Bernadette Melnyk, PhD</b> The Ohio State University</p>	<p>Melnyk says get involved in campus life right away: <i>“Get connected means start to make friends on campus right away. Start to get connected to organizations. Research has shown that students who get involved with organizations tend to fare better than students who don’t.”</i> :17</p>
<p><b>CG: India Carter</b> College freshman</p>	<p>India says she is always prepared to manage her IBS: <i>“I always have my purse with me, which has kind of like my first aid kit in it. I always have a bottle of water with me and the wristbands, the like pressure point wristbands that help with your stomach.”</i> :10</p> <p>India says working out helps her keep other healthy habits: <i>“Working out like every other day or a couple times a week really helps me relieve my stress. It helps me sleep better; it helps me feel better.”</i> :08</p> <p>India says her mom prepared her to be independent: <i>“I do think that my mom has really helped me become independent. From a young age she’d make me go like make my own appointments, order for myself, make my own lunches.”</i> :11</p>
<p><b>CG: Adrienne Shinn</b> Mom of college freshman</p>	<p>Adrienne says she put India in charge of managing her IBS: <i>“I put her in charge of the situation, be there to support her, but really have faith that she can do it, and I feel like that really built her confidence.”</i> :10</p> <p>Adrienne says it’s hard to allow your kids to learn on their own: <i>“You want to give your kids everything, but you also, as a parent, have to be able to put them in situations that stretch them and to build their confidence and to let them do it on their own in the way they want to do it.”</i> :12</p> <p>Adrienne says she’ll be there if India has questions: <i>“She’s in charge of her happiness, and we’re just here to make sure that when she needs something she can come to us and say, ‘How do I do this,’ or ‘What’s the best way to do this,’ and we can help her get connected to the right resources.”</i> :12</p>

### References

<sup>1</sup>*Fast Facts*, National Center for Education Statistics, US Department of Education, 2018.  
Online: <https://nces.ed.gov/fastfacts/display.asp?id=372>

<sup>2</sup>*Campus Mental Health*, American Psychological Association. Online:  
<https://www.apa.org/advocacy/higher-education/mental-health/>

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