



# ROAR & SOAR

RIT | College of  
Liberal Arts



## Your Wellness Matters

Successful students know that asking for help can be hard, but it's worth it. Learn about the people and resources that are here to help you at RIT.

### 3 Ways to ROAR this Week:

- **Log into the RIT Wellness Portal: [wellnessportal.rit.edu](https://wellnessportal.rit.edu)** A secure hub for your personal health needs. You can send messages to providers and schedule appointments. Use your RIT username and password to log in and check it out.
- **Learn about RIT's *Let's Chat* Service: [rit.edu/counseling/lets-chat](https://rit.edu/counseling/lets-chat)** Quick, confidential, drop-in sessions with professional counselors offered every week on the same days and times in locations all over campus. Whether you're exploring counseling options or need quick support, *Let's Chat* is here for you.
- **Call an old friend or make a new one.** Try saying "hi" to three new people this week. Invite someone who's eating alone to sit with you. Call a friend from home. Even small interactions can help us connect and open the door to new friendships. This week, make time for a break to connect with a friend.



### Calendar Spotlight

**Discussion: Am I in the right major? 3-4 p.m., SHED 4350**

THURSDAY, FEB. 13

**Free Men's Hockey Tickets, 7:05 p.m., Gene Polisseni Center**

FRIDAY, FEB. 14

**BANFF Centre Mountain Film Festival World Tour at RIT,  
Ingle Auditorium**

FEB. 14 - FEB. 16