



# THE PROMETHEAN

## COVERING CAMPUS FOR OVER 100 YEARS

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### Congratulations Winter 2021 Graduates

On December 17 the Diversity, Equity and Inclusion Department held a graduation ceremony in the Pope Wright Auditorium for students involved with the department. Depicted here Rachel Prost (center) receives recognition from Salisa Hochstetler (right) and Yue Moua (left foreground). Overall 327 total students graduated from the university.

Photo by Jean Germano

### Pruitt Center fights Winter blues

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The winter season can make people feel trapped indoors and can have a poor effect on mental health. Fortunately, The Pruitt Center and Student Health and Counseling Services can offer help to any student.

The Pruitt Center is free to UWS students as it's cost are included with tuition. "The most common struggles we see are anxiety and depression, but we see things all across the board," said Randy Barker, director for Health, Counseling and Well-Being.

The centers can help relationship issues, managing stress, difficulty adjusting, eating disorders, and

personality disorders.

"Anyone can come in, drink tea, and look through the books and resources we have available," Barker said. "You can learn how to maintain your mental health, receive added support, or just come in with the curiosity to learn more."

The Pruitt Center offers proactive and preventive resources to be resilient during challenging times. Weekly offerings such as Mindful Mondays, Tai Chi, and Yoga are available. Trainings, workshops, and even a three-credit Introduction to Mindfulness course are also offered.

To receive more hands-on help and personalized

help, the Student Health and Counseling Services can assist. Discussions are kept private and confidential, with counseling taking place either in person or online.

Office manager Marcus Kadinger said, "We offer both in-person and virtual meetings so online students are eligible as well, which also allows us to stay in touch with students over winter break." Barker said, "We've noticed a decrease in the gender gap as we're trying to destigmatize mental health."

The Pruitt Center is located at 3117 in Swenson, while the Student Health and Counseling Services is at MWC 1729.



The Pruitt Center provides free mental health services to UWS students.

Photo by University Relations

### Tutoring tackles teaching gaps

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Peer Tutor is one of the most important jobs at the University of Wisconsin-Superior.

This job has many duties, including teaching about math, physics, computer science, and sometimes foreign language. Profes-

sors cannot teach every student personally therefore tutors are required for students.

Tutoring is helpful for both students who have a question and the tutor who improves their skills through teaching.

Jong-young Choi has over

a year tutored students in computer science, math, and physics. "Tutoring is a great experience for international students because I have to study by myself to teach. It can help me to understand more deeply what I have already studied."

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If you're interested in joining the Promethean, members meet every Tuesday at noon. For other inquiry, email promethean@uwsuper.edu

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### Former UWS Student speaks on medical career

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**Editors Note:** This story is a product of a partnership with Superior High School's Spartan Spin written by a UWS student reporter there.

Former University of Wisconsin-Superior student and Superior High School alumnus Dr. Matt Thompson spoke in Superior High School teacher Tatra Hansen's

On the path of becoming a specialist physician he began working as assistant team physician for the Milwaukee Brewers in 2008. He has worked with numerous players including outfielders Lorenzo Cain, Ryan Braun, Carlos Gomez as well as Brewers Hall of Fame announcer Bob Uecker.

Thompson has also worked with members of the United States Olym-



Dr. Matt Thompson poses with his autographed Ryan Braun Jersey at his office in Rochester, Minnesota.

Photo provided by Dr. Matt Thompson

careers class the past October. He spoke on his professional journey to become a doctor.

"When I was growing up, my friends wanted to be baseball players or astronauts, I knew I wanted to be a doctor," said Thompson. After graduating from Superior's high school in 1992 it would take another 16 years of education to achieve his dream of being a doctor.

He would struggle in school as he discussed in his presentation, he almost flunked out of the University of Wisconsin-Superior twice and applied to medical school four times until he was finally accepted at the University of Minnesota Duluth.

Completing his studies at UMD he afterward took an internship at the Mayo Clinic in Rochester, Minnesota. He ended up becoming a resident after graduating from the Mayo Graduate School of Medicine.

pic Ski Team and the Rochester Honkers of the Northwoods baseball league. His favorite part of the job is helping students.

"[The] best [athlete] to take care of is the junior high or high school athlete who goes out and does their job, because they love to do it," Thompson said. "If it's important to them, it's important to me."

Senior Andrew DeBough was entertained by Thompson's speech. "I was engaged the entire time and was very intrigued by what he had to say," DeBough said. "I really enjoyed the part about his advisor not believing in him, because it shows us all to stay driven."

Both DeBough and Hansen agree that Thompson's speech was impactful and worth the listen as it helped describe where hard work and dedication can lead to. "His work ethic is all we should strive to adopt," Hansen said.

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