Brr... It’s Cold in St. Louis

Being a college student in the Midwest during February can be challenging. Not only has the stress of the new semester just began, but the brisk, frigid temperatures outside are in full swing. Here are some tips for thriving through February:

1. Layers! Whether you are walking across campus or riding on the bus, layers can help keep you warm. Wearing two long sleeve shirts instead of one can be the difference between being cozy or being chilly.

2. Take vitamins! It seems like everyone has the sniffles and a cough lately. Vitamin D and Vitamin B are two extremely important vitamins for immune health, but they can also increase mood and boost energy.

3. Know your resources! There are many warming shelters or coat drives throughout the city. If you or anyone you know may need extra resources, please call the number 2-1-1 or go to www.211.org. Not only does 211.org help with surviving these wintry months, but they can also provide assistance for food, health problems, job inquiries, and much more.

If these frigid temperatures are difficult for you to get through, try to remember that February is a short month and Spring is almost here! Stay warm!

Meet the Staff

Maya Koffi
Student Clerical Assistant

Maya is a sophomore studying Civil Engineering and recently joined the University Tutoring Center as a Student Clerical Assistant. Maya is originally from Ivory Coast, West Africa, and her first language is French. In 2011, Ivory Coast went through a series of wars and post electoral conflicts which caused Maya’s family to find refuge in Ghana. She stayed in Ghana as a refugee for a few years, and it was there that Maya was able to complete high school and learn English. After high school, Maya applied to universities in the U.S. and chose the University of Missouri-St. Louis.