



FIT & WELL

2025-2026

WELCOME!



What is a Living-Learning Community?

A living-learning community (LLC) is a group of students who share a common academic or theme interest and live together in a residence hall. Residence Life partners with faculty and staff across campus to implement special programming related to the LLC focus. Students living in the LLC also have the opportunity to get to know these partners outside of the classroom.

What should I expect as part of the LLC?

Your RA will have information about a variety of activities and resources related to the topic of your LLC and academic support. Plan on being involved in various events and share your ideas for future programming! The more involved you are with the community, the more benefits you'll gain.



Meet Your RAs!

JORDAN PORSCH

**Major: Wildlife and
Fisheries Biology**

Hey guys! I am Jordan Porsch the Resident Assistant for Freddy's Fit and Well LLC! I am a wildlife and fisheries biology major and I'm from western Iowa. I am a first year RA and am excited to meet you all! I am the vice president of the American Fisheries Society, and I love being outdoors, hiking, running, and (of course) fishing.

I'm planning some fun events that will hopefully get you around and about. I hope I can help you learn your way around Springfield and college. To get you started with some food recommendations for my fellow foodies, Nonna's (downtown) and Colton's Steakhouse are my favorites. I can't wait to see you on Freddy's Fit and Well Floor!

#GoBears

Take this survey
to tell Jordan & Will
what events you want!

*you could win a \$50 gift
card!

WILLIAM BEVEL

**Major: Sport and
Recreation Administration**

Hey y'all, I'm William Bevel, and I will be your RA for this upcoming year in the Fit & Well LLC. This will be my second year being a Fit & Well RA. I am from Mountain Home, Arkansas, and some of the things I like to do are hiking, camping, kayaking, and playing sports. My major is Sport and Recreation Administration with a minor in Biology. I look forward to meeting you in the fall and getting to know you during the year. Let's have a great year!

Meet Your Partners!

Tena Reel

Student Wellness Coordinator

My name is Tena Reel. I have been at Missouri State University since 2022. I started off as a nurse at Magers Health and Wellness Center and was promoted to the Student Wellness Coordinator 1 year ago. I was school nurse at a public K-12 school. I retired from a Federal Prison in 2016 after 25 years. I have 3 wonderful daughters and 1 handsome grandson and one on the way! 😊 I enjoy kayaking, traveling, camping at the lake and music. I have 2 extra daughters, a Pomeranian named Harper Jane and a pomma-poo named Winnie B. I truly love students! I am dedicated to empowering students to become confident, healthy, and compassionate leaders by fostering a campus culture rooted in wellness. My job is to create safe and engaging spaces where every student will feel valued, heard, and inspired to thrive—both in college and beyond.



Chiara Citterio

Mental Health Clinician



Hello everybody! My name is Chiara Citterio and I use she/her pronouns. I'm originally from Milan, Italy and I moved to Springfield, MO in 2012 to pursue degrees in Psychology and Gerontology while playing golf on MSU women's golf team. In 2018 I completed a Master of Science in Clinical Psychology here at MSU, and upon graduation I started working as a Mental Health Clinician at the MSU Counseling Center. In my free time I enjoy reading, woodworking, cooking, spending time with my family, and playing with our 3 dogs and 2 guinea pigs. I also absolutely love coffee and really enjoy crafting new coffee drinks.



Want to learn more about Freddy House? Check out this video!

Your LLC Social will be on:

**Saturday, August 16, at
2:00 pm at Foster Rec**
Meet with your RA on your floor

You won't want to miss this
chance to meet your floor and
your LLC partners!

**Come tour the Foster Rec
Center, play volleyball & Just
Dance and enjoy snacks!**



Our campus **Bear Line** service can help you get around once you get to campus! Check out the routes offered by our shuttles so you can figure out the best ways to class and to get around town. There is even an app you can download to track each Bear Line and see current wait times! To learn more, click [**HERE.**](#)



Want to check out where your classes are and where to park on campus? Visit the campus map [**HERE.**](#)



Thursday, August 14

Button Making 3-5pm

Magers Health and Wellness Center
Room 100

Movie on the Mall 8:30pm

North Mall (Rain location: PSU Theater)
Follow @mostatesac for the movie announcement!



Friday, August 15

Snow Glad to See You

11am-2pm (rain or shine)
Plaster Student Union Patio

Playfair/Maroon Madness 6-9pm

Plaster Sport Complex (Rain location:
Hammons Student Center)



Saturday, August 16

Yoga 2-3pm

Magers Health and Wellness Center
Room 100

Bear Bash 7-10pm

North Mall and Plaster Student Union



Sunday, August 17

New Student Convocation 2-3pm

Great Southern Bank Arena

Student Organization Festival 3-5pm

Great Southern Bank Arena Concourse

Belong-B-Que 5-7pm

North Mall (Rain location: Foster Rec)

For the full list of events, click [HERE!](#)

DOWNLOAD THE BEARLINK APP!



**check in at events find organizations
and save events to your calendar**

ANDROID



iOS

**Missouri
State**

OFFICE of
STUDENT ENGAGEMENT