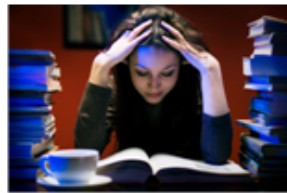




How to adjust from the summer to the semester — sweet style



- Sleep is not a luxury, but an actual necessity! Shoot for a minimum of 7 hours/night.
- Use a planner (old school notebook/ calendar or app) to keep track of school work, meetings, practices, etc.
- Class syllabi help you stay on track during the semester. Avoid crazy end-of-the-semester stress!
- Studying in short blocks with breaks is more effective than cramming. Or pulling an all-nighter (see bullet #1).
- Set mini-deadlines so each big project becomes a few small (less overwhelming) projects.
- Tip from your fellow SHU students - most said that alcohol does NOT make it easier to deal with stress! (Cont. Survey 2011)

IF YOU PARTY... HAVE A SWEET TIME!

If you choose to drink: know your limits, know what you're drinking and how much. **76% of SHU students set a limit when they drink!** (Fall 2011 Survey)

Know the **5 signs of alcohol poisoning**: unconsciousness, vomiting, seizures, irregular or slow breathing and cold, clammy, pale or bluish skin.

If you or your friends are experiencing any of these symptoms call Public Safety (203) 371-7911- this is a medical emergency! You are ALWAYS doing the right thing by getting help.



Looking for some laughs? Watching your roommates do embarrassing things on stage is sweet.

Don't miss **Hypnotist Paul Ramsay**
Tues, September 6th @ 10:10 PM
Edgerton Center

"Who are we? Students, like you. We're also peer educators - we've got the facts about drinking, stress, sexual health, nutrition, and tobacco use on campus. Like us on facebook for the chance to win free prizes, or check out our web-site at:



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