App of the Month: Spotify

After looking at different studies, we learned that music can actually help you study for that tough chemistry final! So turn up Big Sean, Bach or Backstreet Boys while you study!

Summertime and the Feeling’s Easy

- Wear sunscreen whenever you are going outdoors. If you really want a tan, check out self-tanning products to look bronzed and keep your skin healthy.
- If you choose to drink, use the the 1 to 1 rule: 1 bottle of water per 1 serving of alcohol.
- Always have a designated driver (DD) for every party you go to, even if it’s a parent or sibling.

Who Ya Gonna Call? Stressbusters!

- Set realistic a study schedule.
- Allow yourself a 10 minute break every hour. Yes, that means go on Facebook or text.
- Avoid long nights of partying...hangovers are never fun to study with. Alcohol also negatively affects learning and memory – yikes!
- EAT! Skipping a meal to cram will not help you pass bio. Good nutrition = energy & focus!

EVENT OF THE MONTH:

What: Stress Free Zone
Where: Old Chapel
When: Wednesday, May 1st from 12-3pm

Who are we? Students like you. We eat. We sleep (sometimes). We study. We spend too much time on Facebook. We have a good time. We’ve also got the facts about drinking, dealing with stress, sexual health, nutrition and exercise, and tobacco use on campus.

Words of Inspiration:

“When it comes time to die, let us not discover that we have never lived”

~ Henry David Thoreau