Got the Homesick Blues? Here’s how to kick ‘em:

- Think more positively about school and friends.
- Don’t ignore your sadness, confide in a friend or RA.
- Get involved in clubs and organizations, the more things you do, the less you think about home!
- Attend different events around campus to meet different people.

The Good News is you’re not alone, lots of students feel homesick. You can check in with the Wellness Center (371-7955) for help from a counselor or a student support group (meets on Wednesdays, call for info)

In just 30 minutes of these activities burn calories!

- Jogging 6mph = 322
- Ping Pong = 126
- Running 8mph = 427
- Shopping for groceries = 84
- Skipping Rope = 399
- Walking 3mph = 112

Stress Less!

- Get at least 6 hours of sleep every night.
- Use a daily planner; it will help organize your appointments and classes.
- Hit the gym and take a Zumba or Hula-Hoop class. You’ll laugh and get a work out!
- Believe it or not, talking to friends is good for you! Even seeing a friend or loved one will almost immediately decrease your stress level.
- Set mini-deadlines for big papers or projects.

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.