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There's an App for That

“Stress Check”

Stress Check, by AIIR Consulting LLC, is a great app to help test how stressed you are! It's as easy as answering a quick quiz, and then learning what you can do to help improve your stress!

Make a List and Check it Twice

- Try and be positive when you are studying it will help you focus, remind yourself of your skills and abilities.

- Find a place to study with no distractions...your dorm is probably not the best idea because you may find yourself on your computer, watching television or talking to roommates.

- Outlining, rewriting your notes or playing memory games are all great ways to help remember the topics on your exams.

- Scheduling when you are going to study is important also scheduling some study breaks while you are studying is HUGE.

- Create rewards for yourself: if you have something to look forward to at the end of studying chances are you will work hard and concentrate to get that reward!

Staying Healthy for the Holidays!

- He knows when you are sleeping, he knows when you're awake! Make sure you get enough sleep.

- Stay hydrated! This is super important! If you're dehydrated, you won't be your holly jolly self.

- Wash your hands! Colds spread faster through hand to hand contact, so that's one gift you won't want to give or receive.

- Pace yourself with that eggnog, you'll want to remember the celebrations.

Some words of wisdom....

“At the end of the day it's the choices you make that count!!”

Who are we? We are students like you. We eat. We sleep (sometimes). We study. We spend too much time on Twitter and 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.