App of the Month:

“Any.Do”

Need to get organized? Download this app to help you remember what you have coming up. Program in your tests and practice schedules so you always remember what’s going on during the week.

Don’t let your Halloween be scarier than it should be.

- If you feel alarmed, scared or creepy in any situation, go with your gut. If you see something spooky, contact the local authorities immediately.
- Don’t accept “potion” from people you don’t know or trust and never leave your “potion” unattended. If you lose sight of your “potion,” get a new one!
- Watch out for your friends, and don’t be afraid to intervene if a situation appears to be a little too scary. If your friend seems too drunk or is acting abnormally, get him or her to a safe place immediately.
- Always carry emergency cash and phone numbers to howl at local cabs if needed. Have a charged cell phone with you.
- Travel in packs and always have one sober soul with you!

Worried about mid semester grades?

~ Your grades could still improve!
~ Check your syllabus for upcoming papers or projects
~ Talk to teachers...some may give extra credit!
~ The JLC is a great resource for extra help
~ Do not give up there is plenty of time

Don’t let this be you this Halloween...

Quote of the Month:

“I'm not telling you it's going to be easy - I'm telling you it's going to be worth it.”

— Art Williams

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.