There’s an App for That

“Trello”

Need to get organized? Trello may be the app for you! This personalized to-do list helps you create a personal schedule, checklist, keep track of dates and more! Let this free app help you get back into the swing of the semester.

Avoid that "New Semester Stress"

As we start the next semester, it’s a good clean slate. Here are some tips to stay organized and stress free!

- Organize all of your syllabi and fill your calendar with important due dates
- Color code your books and planners
- Be proactive and plan your work in advance
- Create a study schedule to help avoid procrastinating
- Put reminders in your phone for any large project. The more you’re reminded, the more likely you are to get it done
- Write down everything
- Keep any necessities in your backpack. Pen, pencils, calculator, agenda - anything you wouldn’t want to be caught going to class without
- Add time for yourself into your schedule. It’s the easiest way to chase the stress away.

Words of Wisdom

“Why do you want to discuss my weight I mean...it doesn’t matter how much I weigh” – Jennifer Lawrence

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.

Stall Street Journal
Volume 1

What Really Matters...

“A lot of people think that body image is having an eating disorder – you have to be anorexic, you have to be bulimic – but it’s not that. It’s just waking up in the morning and not being happy with the way you look.”

58% of college aged girls feel pressured to be a certain weight.

More than 90% of girls - 15 to 17 years - want to change at least one aspect of their physical appearance: body weight ranks the highest.

Pressure from mass media to be muscular is related to body dissatisfaction among men. This effect may be smaller than among women but it is still significant.

People are sold to the diet industry by the magazines we read and the TV programs we watch, almost all of which make us feel anxious and insecure about our weight.

The barrage of messages about thinness, dieting and beauty, or in mens’ case- big muscular and athletic, tells "ordinary" people that they are always in need of adjustment—and that the body is an object to be perfected

Find peace in your relationship with food!

1. Listen to your body! It’s there to give you information. If you’re hungry... eat! Your body is telling you it needs energy so don’t forget to fuel up!
2. There’s a difference between SATISFIED and FULL. Stop halfway through eating a meal and rate how you feel.
3. Stop multitasking! Eating while doing something else prevents you from being truly satisfied with what you eat, so you keep going for more.
4. Focus on what you have. Many people eat because they are focusing on what they don’t have, feeling there’s constantly something missing. They look to food to fill that hunger.