Dear UIC Student:

Welcome to college life. We are pleased that you have chosen to attend the University of Illinois at Chicago. Not only are you attending a great school in the city, but there are tons of resources available to you as a student.

First of all there is the Wellness Center, a place that is determined to help you thrive as a student. Wellness is living every aspect of your life to its healthiest. It’s taking care of yourself and doing what’s best for you. It’s seeking and embracing a life fueled by healthy relationships, spirituality, safer sex, good nutrition, physical activity, and fun! We’re here to help you make that happen. If you are seeking help in any of these areas, please stop by, call us, or visit our website.

In this guide, you will find useful information that we have compiled to help make this year a success. As you flip through the sections you will notice practical (and often humorous) tips that have been compiled by students for students. Use the information provided as a guide that you can refer to throughout the semester and year.

We hope you enjoy the information provided in this College Success Guide. If you have any problems that are not addressed by this packet, don’t be afraid to seek help or ask us.

Good Luck!
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Getting It Right From Day One

While each person has their own studying style, here are some tips that can help anyone.

1. **Study the hardest subject first.** Work on your hardest subjects at a time when you are fresh. Putting them off until you’re tired compounds the problem.

2. **Make use of study resources on campus.** Find out about and use labs, tutors, videos, computer programs, and alternate texts. Get to know your professors and advisors. Don’t be afraid to ask questions. “I didn’t know,” or “I didn’t understand” is never an excuse.

3. **Do as much of your studying in the daytime as you can.** What takes you an hour to do during the day may take you an hour and a half at night.

4. **Study between classes.** Make use of your precious time. If you can, study before and after classes while the material is fresh in your mind.

5. **Begin the first day of class.** Know what’s expected of you. Take notes from the first day even if it’s routine stuff you think you already know.

6. **Establish a routine time to study for each class.** For every hour you spend in class, you will probably need to study two hours outside class. Studying for each subject should be at the same time, same place, if possible. Studying includes more than just doing your homework. You will need to go over your notes from class by labeling, editing, and making sure you understand them. Review your syllabus daily to see where you are going and where you have been. Be sure to do reading assignments. (Don’t put them off just because there’s not a written assignment.) Read ahead whenever possible. Prepare for each class as if there was going to be a pop quiz.

7. **Establish a place to study.** Your study place should have a desk, comfortable chair, good lighting, all the supplies you need, etc., and of course, should be as free of distractions as possible. It should not be a place where you routinely do other things. It should only be used as your study place. Don’t study in bed. You will fall asleep.

8. **Schedule breaks.** Take a ten minute break after every hour of study. Instead of long blocks of time for studying, spread out several short study sessions during the day (if possible).

9. **Find at least one or two students in each class to study with.** Studies show that students who study with someone routinely make better grades. You will probably find yourself more motivated if you know someone else cares about what you are doing in the class. Teaching a concept or new idea to someone else is a sure way for you to understand it. But be careful, studying in a group or with a partner can sometimes become too social. It is important to stay focused.

10. **Be good to yourself.** Studying on four hours of sleep and an empty stomach or a junk-food diet is a waste of time. Avoid food and drink containing caffeine just before or just after studying.

Visit http://www.vcsa.uic.edu/MainSite/departments/ace/home/strategies.htm for more study tips.

Don’t want to fall behind half way through the semester? Buy yourself a day planner or create a calendar to write down days you have tests, papers, etc.
Student Strategies

While no one is preventing you from cramming for that test or writing that paper at the last minute, there are some things every student should know when it comes to studying.

Stay organized. Study the syllabi for each class. It may be helpful to compile a calendar with due dates and deadlines for all of your classes.

Set goals. Plan to do research weeks (or even months) before a project is due. Set mini deadlines for yourself to achieve in the way of progress (for example set a goal to complete a rough draft for a paper well before it is due.)

Be an active student. Do the reading assignments for class. Go to class prepared to ask questions and participate in class discussions. Don’t just sit and take notes.

Review the notes you take after class and compare them to the readings assigned in the text. Also clean up your notes after class so you won’t be confused when it comes time for review.

In math and science classes, make sure you work out problems. It is one of the best ways to understand difficult concepts.

Seek help when you need it. Attend study sessions held by your professor or TA. Create a peer study group that meets regularly. Find a tutor. There are free tutors all over campus. Don’t get suckered into paying someone 100 dollars an hour.

Find a study technique that works for you. Don’t have one? Try the Cornell Method.
• Create a 2 ½ inch margin on your paper and place headings and questions in the margin leaving the rest of the paper for lecture notes and book notes.
• Review all of your notes everyday. Start with the newest notes first and work to the older ones.

Whatever method you use, make sure it works for you. You can always adapt different techniques like using flashcards or creating outlines.

Take Advantage of Resources on Campus

The following resources provide academic support. You can visit these resources to get study tips, find a tutor, study in a quiet area, and much more!

Academic Center for Excellence (ACE)
312-413-0031; Suite 2900 SSB 1200 W. Harrison

African American Academic Network (AAAN)
312-996-5040; Suite 2800 SSB 1200 W. Harrison

Honors College
Contact: jsheng2@uic.edu; 220 Burnam Hall

Latin American Recruitment and Educational Services (LARES)
312-996-6073; Suite 2640 SSB

Writing Center
312-413-2206; 100 Douglas Hall

Need a place to study? Why not try the UIC Daley Library, the Writing Center, or one of the many coffee shops on campus!
Living Away From Home

On Campus Living.
Unless you were very fortunate to attend the same school as your best friend or sibling, chances are you were assigned a roommate.

Meeting a new roommate for the first time can be very scary/challenging. There are a few things to keep in mind to keep your sanity during the school year.

Come to school with an open mind. Chances are your roommate may have a very different background than you. Rather than writing them off as having nothing in common, use this time as a chance to learn about something new.

Set some rules. Establish guidelines about sharing, having friends over, studying, and sleeping. Don’t forget to also discuss how clean or messy you are. Determine to be respectful of boundaries that you set, even if it means keeping your mess to one side of the room and your laundry odors to a minimum.

Relax. So you roommate isn’t exactly like you. (They are thinking the same thing.) Don’t freak out about every little thing they do or you will become neurotic.

Be respectful. Don’t only respect the space but respect your roommate. They may have a different set of morals or study habits than you.

Compromise. Meet in the middle about important issues. If they have a problem with your music or guests, meet up at a place other than your room.

Talk things out. When problems arise (and they will) talk to your roommate before the issue gets out of control. If you can’t come to an agreement talk to your resident assistant or someone else that can help you.

Living off campus (with friends).
Choosing to live off campus comes with a whole new set of challenges. You now have to shop on your own and establish with your roommates: bill payment, grocery shopping (will you share food or keep your own), cleaning routines, etc. These new responsibilities can strain and even ruin friendships.

A new important issue is personal safety. On campus there are many safeguards set in place to protect students. Once you move off campus, there are no longer security check points at the doors or those great emergency buttons.

Take time to establish safety precautions with your roommates:

Discuss the importance of shutting and locking windows (especially on the first floor) and making sure doors are locked when no one is home.

Practice stranger danger. Don’t just answer the door for anyone (especially at night) and don’t allow strangers into your home. This puts not only yourself but also your roommates in danger.

Make an emergency plan for your home. Discuss escape routes and learn contact information for each roommate.

Commuter Student Resource Center
For additional resources for commuting students;
Phone: 312-413-7440
Web: www.commuter.uic.edu
Email: commuter@uic.edu

Living with a roommate can be little scary, but also a wonderful and fun experience! Go into the school year with an open mind, and remember to have fun!
Funny and Practical Dos and Don’ts of living with Roommates

Do take time to get to know your roommate.
Don’t expect him/her to be your best friend.

Do arrange the room with your roommate.
Don’t forget to make personal space.

Do share your TV, mirror, and maybe even clothes.
Don’t expect to have free reign over all your roommates stuff.

Do invite friends over from time to time. (During the day of course)
Don’t let your boyfriend/girlfriend sleepover every night.

Do clean up after yourself. (This means doing your dishes)
Don’t let the cockroaches kick you out of your own place.

Do visit home from time to time.
Don’t go home every weekend because you might miss out on great opportunities on campus.

Do make yourself comfortable.
Don’t lay around in your underwear all day.

Do talk to your roommate about a problem.
Don’t “go postal” for no apparent reason.

Do make new friends and get involved on campus.
Don’t hide in your room all day and creep out your roommate.

Do discuss drinking habits.
Don’t let them know you drink by throwing up on their stuff.

Do plan a party with your roommate.
Don’t force them to leave when your friends get there.

Get a goldfish. (Fish are acceptable in the residence halls.)

Don’t hide a puppy in your closet.

Give your roomie some alone time if they need it.

Don’t barge in if there is a sock on the door.

Decorate your apartment or dorm.

Don’t break the bank on art. Remember, Monets need to be insured.
Basic Tips for a Healthy Diet

Start the day off right
Don’t skip breakfast. Remember it is the most important meal of the day. Eating breakfast provides much needed energy to start your day. Eating foods like whole grain cereal and fruits provide more sustainable energy than coffee and donuts.

When You Choose Your Food
• Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.
  • Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices, with more fish, beans, peas, nuts, and seeds.

Lunch v. Dinner
Eat a larger meal at lunch than at dinner. Many Americans eat large hearty dinners and snack sized lunches. The food consumed at lunch provides energy for the rest of the day. Eating large meals before bedtime can lead to excess weight.

Fast Food
• If you must eat fast food, choose healthier items. Many restaurants offer healthy alternatives to french fries such as fruit or vegetable choices.
  • Entree salads (except taco salads) are a great alternative to burgers.
  • Check out nutrition information online before heading to the fast food joint:
    Sbarro - http://www.thedailyplate.com/nutrition-calories/food/sbarro

To ensure you stay hydrated throughout the day, make sure you drink the recommended 8-10 glasses of water a day.

Eating on Campus
• Avoid over indulging in buffet style meals. Buffets are meant to provide a variety of foods. You don’t need to eat some of everything.
  • Try skipping dessert a few nights a week.
  • At many places on campus a piece of fresh fruit is often cheaper than a candy bar.

Food and Diet
According to the Dietary Guidelines for Americans, a healthy eating plan:
• Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
• Includes lean meats, poultry, fish, beans, eggs, and nuts
• Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
• Stays within your daily calorie needs
Get started
• Make smart choices from every food group.
• Eat plenty of vegetables, fruits, whole grains and fat-free or low fat milk products. Also include lean protein choices such as lean meats, fish, beans, and nuts.
• Eat healthy snacks between meals.
• Find a balance between food and physical activity.

Keep Up On Calcium
• It is important to eat calcium rich foods for bone health. Try to get about 3 servings of dairy each day. Choose foods like lowfat milk, cheese, and yogurt.
• There are also alternatives to milk such as soy or rice milk and even fortified juices that provide adequate amounts of calcium to your diet.

How much of each food group should I be eating daily?

5-A-Day
When it comes to fruits and veggies, variety is the spice of life. It doesn’t matter if you choose fresh, frozen, or canned. The important thing is to get 2-3 servings of each per day.

Here are some serving suggestions:
• One small banana, a handful of strawberries or a medium apple. A cup of fruit is also a good idea.
• Choose dark green vegetables i.e. broccoli and dark leafy greens.
• Eat colorful fruits and veggies. The richer the color the greater the amount of nutrients. Some veggies to try: carrots, sweet potatoes, and squashes; fruits: peaches, nectarines, and berries.
• Also add peas, beans, and lentils for a great source of protein.
Get Moving!

Keeping Up On Exercise
According to the Centers for Disease Control and Prevention, you need to do two types of physical activity each week to improve your health–aerobic and muscle-strengthening.

Health-Aerobic Exercise
• Adults need at least 2.5 hours (150 minutes) of moderate-intensity aerobic activity or 1.25 hours of vigorous-intensity aerobic activity every week.
• Various types of moderate-intensity aerobic activities include walking fast, water aerobics, riding a bike on level ground or with few hills, playing doubles tennis, or pushing a lawn mower.
• Various types of vigorous-intensity aerobic activities include jogging or running, swimming laps, riding a bike fast or up hills, playing singles tennis, or basketball.
• Can’t fit it all in a single workout session? 10 minutes at a time is fine. 150 minutes a week sounds like a lot of time, but you don’t have to do it all at once. Not only is it best to spread your activity out during the week, but you can break it up into smaller chunks of time during the day. As long as you’re doing your activity at a moderate or vigorous effort at least 10 minutes at a time.
• Try this! Go for a 10-minute brisk walk, 3 times a day, 5 days a week. This will give you a total of 150 minutes of moderate-intensity activity.

Muscle-Strengthening Exercise
• Adults need muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
• Various types of muscle-strengthening activities include lifting weights, working with resistance bands, doing exercises that involve using your body weight, and yoga.

UIC Recreational Centers
Looking for a place to get in some physical activity in between classes? The UIC campus is full of them!

The Student Games & Bowling Center
The Student Games & Bowling Center, which is located in the UIC Student Center East, is open seven days a week and has something for everyone! A single game is $2.50 for UIC students, and shoe rentals are only $2. Want to make it a party? Call ahead and make reservations for groups of 12 or more!

The UIC Outdoor Field Complex
Located behind MRH and TBH on the south campus, the UIC Outdoor Field Complex includes varsity fields for men’s baseball, women’s softball and the men’s soccer teams, tennis courts, two multi-purpose grass fields, three volleyball courts, and a jogging path that circles the complex.
• Multi-purpose Fields: These lighted fields are used to support the intramural and sport club programs. They are also available for drop-in use and rentals. Student groups or outside constituents wishing to use the fields on an on-going basis should register with Campus Recreation to schedule your activity.
• Tennis Courts: The six lighted tennis courts are available for recreational use when not being used by the varsity teams for practice or matches. The courts are available on a first come, first served basis. Court time is limited to one hour for singles, and one and a half hours for doubles play.
• Sand Volleyball Courts: The volleyball courts are available at any time the field complex is open. See the court rules for specifics of play. Intramural activities have priority over any open play times.
• Jogging Path: The outdoor jogging path winds through the perimeter of the field complex and covers roughly 7/8 of a mile.

Try going for a 10 minute brisk walk, 3 times a day, 5 days a week. This will give you a total of 150 minutes of moderate to intensity activity.
Join A Club!

It’s always easier to stay motivated when you have someone to work out with. The UIC Student Recreation Facility has both Group Fitness and Instructional Programs that you can join! Drop-In Classes for Group Fitness are open on a first-come, first-served basis. Some classes are limited due to equipment and space requirements. Classes offered vary each semester. Instructional Programs are voluntary and open primarily to the UIC community, including students, faculty, staff, and members of the recreational facilities.

Not only do you get the opportunity to meet new people when participating in classes, programs, and clubs, but you also get to work out with people who share the same interest in physical activities and can help keep you motivated. Try some of these programs and classes offered at the fitness center!

Fitness Centers

UIC Student Recreation Facility (East Campus)
The Student Recreation Facility is your fitness, leisure, activity and adventure center all under one roof. The facility is open to UIC students, faculty, staff and University of Illinois Alumni Association members, and is open Monday-Thursday 6 am-11 pm, Friday 6 am-9 pm, Saturday 9 am-9 pm, and Sunday 11 am-11 pm. The Center includes the following features:
- 18,000 sq. ft. of the latest and most sophisticated exercise equipment available
- 1/8 miles, 3-lane jogging track
- Lap/Leisure Pool
- Racquetball and convertible squash courts
- 4 court wood floor gymnasium
- 11,000 sq. ft. Multi Activity Court
- Group Fitness Suites, including Spin Suite, Mind/Body Suite, Large Multipurpose Suite and the MAC Suite
- Human Performance Lab
- 42 ft. Rock Climbing Wall
- Outdoor Adventures Office
- Awakenings Juice/Coffee Bar
- Active and Passive Lounge Areas
- Daily and Annual use lockers

UIC Sport and Fitness Center (West Campus)
The Sport & Fitness Center is the hub of recreational activity on the west campus. Located in the middle of the Illinois Medical District and adjacent to the UIC Student Center West, the facility is open to UIC students, faculty, staff and University of Illinois Alumni Association members. The Sport and Fitness Center is open Monday-Thursday 6 am-11 pm, Friday 6 am-9 pm, Saturday 9 am-9 pm, and Sunday 11 am-11 pm. The Center includes the following features:
- 8,000 square foot fitness floor equipped with state-of-the-art cardiovascular, selectorized and strength training equipment
- 3 lane running track
- 2 group exercise studios
- 2-court gymnasium equipped for basketball, volleyball and badminton
- carpeted walking track
- 3 racquetball courts, one with a glass back wall
- 6-lane swimming pool with on-deck sauna room
- full-service locker room with daily use and annual rental lockers
- multi-purpose room with a ping pong table
- boxing equipment
- equipment check-out area
- lounge area equipped with e-mail stations - Wi Fi accessible
Power Hour, Beer Bongs, and Quarters: Now What?

Dangers and Repercussions of Binge Drinking

What is Binge Drinking?
A drinking binge is commonly defined as having five or more “standard” drinks in a row for men, and four or more in a row for women. Why the difference? Women generally have more fat than men and are therefore affected by alcohol more. Other factors such as body size, fat content, amount of food eaten, mood, and tolerance can affect the rate at which a person gets drunk. This however does not mean the person will not feel the effects of alcohol.

Binge drinkers and high risk drinkers are often people ages 18-23; college students.

What is a drink?
A standard drink contains .6 oz of pure ethanol (the proper name of alcohol) which equals:
   • 12 ounces of beer or wine cooler.
   • 8 ounces of malt liquor.
   • 5 ounces of wine.
   • 1.5 ounces of 80-proof distilled spirits (whiskey, vodka, etc.)

Alcohol and your body.
• Everyone’s liver can only metabolize one drink (1/3 of one ounce of ethanol) per hour.
• Nothing but time will sober you up. (Not coffee & not a cold shower.)
• Women get drunk faster than men, due to a naturally higher fat content.

Some things you NEED to know.
• A red keg/party cup is generally 16-24 oz, which is more than a standard drink.
• The average mixed drink has 3-5 shots per drink (thus making it a binge drink in a glass.)
• “Jungle Juice” and punches blend a variety of hard alcohol that has no standard amount of alcohol. You don’t know what you’re getting.
• The average beer bong can hold anywhere from 24 to 60 ounces. (That is 2-5 standard drinks.)
• A power hour session can have you consuming up to 3 beers in one hour. This gets your Blood Alcohol Concentration (BAC) soaring to dangerous levels.
• People often consume 3-5 drinks per hour at an open bar.
• Ordering pitchers or going to keggers gives people a “bottomless” cup that is hard to regulate.

The Dangers of Binge Drinking and High-Risk Drinking
• Immediate effects include: loss of inhibitions, slurred speech, impaired judgment, feeling of well-being, and euphoria.
• Adverse effects: dehydration, memory-loss, vomiting, anger, depression, unsafe and risky sexual encounters, passing out, and black-outs.
• Alcohol poisoning: nausea and/or vomiting; hypothermia, can progress to unconsciousness, coma, or death.

Remember the 0-1-3 Rule:
• 0 drinks if you’re under 21 or driving
• Have no more than 1 drink per hour
• Consume no more than 3 drinks per night
Real Questions, Real Answers

I vomited while I was drinking, what does it mean?
You need to remember that Alcohol is a poison to your body, which is why there are adverse effects. Your body will try everything to get rid of it. Frequent urination and sweating is an immediate response to alcohol. Vomiting however is a sign of a bigger problem. (See below.)

Alcohol poisoning will never happen to me.
Vomiting while drinking is your first sign of poisoning. “Puking and Rallying” i.e. vomiting and drinking more is extremely dangerous behavior. Vomiting is a signal from your body to STOP drinking.

The final signal is passing out. Passing out (not sleeping) from alcohol poisoning can lead to death in 2 ways: choking on vomit and slowed, shallow breathing. Alcohol is a depressant which slows the body (and respiration) down. Your breathing rate can drop so low that it just stops.

If you see this happen to your friend, do not hesitate to call 911. Alcohol poisoning is a very serious matter. A friend’s life is worth more than spending the night in the drunk tank. Is that sobering enough for you?

It’s the next day and I can’t stop throwing up. Why?
You throw-up after a night of binge drinking for many different reasons. The main reason people get sick is from dehydration. (This is different than alcohol poisoning but often feels worse.) Your hang-over can also be felt as headaches and gogginess.

Alcohol is a diuretic, which means it makes you lose water fast, through sweating and urination. Whether or not you “break the seal” your body will lose incredible amounts of water. This however can be prevented by drinking responsibly. Drinking a large glass of water between drinks can help you stay hydrated and more importantly prevent you from getting wasted.

This sounds scary. What can I do to prevent this?
Become a responsible drinker.
• Only drink when you want to.
• Do not drink to intoxication.
• Drink water between drinks.
• Don’t pressure others to drink.
• Have a designated driver before you go out.
• Know what you are drinking. If it’s a mystery drink, avoid it.
• Look out for your friends drinking behavior.
• Know the signs of alcohol poisoning.

Host a better party. Not everyone wants to drink alcohol. Offer water and other beverages that do not contain alcohol. Make a “mocktail”: a non-alcoholic version of your favorite cocktail.
Stress!

What happens when I am stressed?
We all have experienced stress in our lives in one way or another. Certain times, factors in your life may seem out of control and you may feel “stressed out” or you may break down. The first thing you need to consider in these times is that a certain level of stress is normal. You may just need to take some time to chill out or overcome a stressful situation.

When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the “fight-or-flight” stress response.

Some stress is normal and even useful. It can help if you need to work hard or react quickly. For example, it can help you win a race or finish an important job on time. But if stress happens too often or lasts too long, it can have bad effects. It can give you headaches, an upset stomach, back pain, or trouble sleeping. It can weaken your immune system, making it harder to fight off disease. If you already have a health problem, stress may make it worse. It can make you moody, tense, or depressed. Your relationships may suffer, and you may not do well at work or school.

The good news and the bad news
The bad news is, for the rest of your life, situations will arise that will cause stress. The good news is, you can learn to cope, manage, and control your reactions to stressful situations.
• The first thing you need to do is figure out what is causing your stress. This answer may be simple, such as the number of classes you are taking or the loss of a loved one. If you are overwhelmed, however, it may not be clear what is causing your stress.
• Prioritize your stressors. Make a list (even if it is only in your head) of what is bothering you. Can you change the situation? If you can’t, acknowledge that some things are out of your control. While some things are really troubling, such as death and illness, remind yourself that these things happen and people react in different ways. Remember it is ok to cry and seek professional help if you need it.

How can I reduce my stress?
Stress is a fact of life for most people. While you may not be able to get rid of stress, you can look for ways to lower it.

Try some of these ideas:
• Learn better ways to manage your time. You may get more done with less stress if you make a schedule. Think about which things are most important, and do those first. Even if you only keep a loose schedule, it is better than no schedule at all, make sure to keep track of your commitments without trying to do too much.
• Find better ways to cope. Look at how you have been dealing with stress. Be honest about what works and what does not. Think about other things that might work better.
• Take good care of yourself. Get plenty of rest. Eat a balanced diet and exercise moderately. Limit nicotine and alcohol consumption.
• Try out new ways of thinking. When you find yourself starting to worry, try to stop the thoughts. Work on letting go of things you cannot change. Learn to say “no.”
• Ask for help. People who have a strong network of family and friends manage stress better. Sometimes stress is just too much to handle alone. It can help to talk to a friend or family member, but you may also want to see a counselor.

**How can I relieve stress?**
You will feel better if you can find ways to get stress out of your system. The best ways to relieve stress are different for each person. Try some of these ideas to see which ones work for you:
• Exercise. Regular exercise is one of the best ways to manage stress. Walking is a great way to get started.
• Write. It can really help to write about the things that are bothering you.
• Let your feelings out. Talk, laugh, cry, and express anger when you need to.
• Take time for yourself. You don’t need to be around other people all the time. Set aside some time to relax.
• Do something you enjoy. A hobby can help you relax. Volunteer work or work that helps others can be a great stress reliever.
• Learn ways to relax your body. This can include breathing exercises, muscle relaxation exercises, massage, aromatherapy, yoga, or relaxing exercises like tai chi and qi gong.
• Try to look for the humor in life. Laughter really can be the best medicine.

**Some fun activities that you may not have thought of...**
• Play. Kids seem to never have stress. Get outside and play a game of kickball or Frisbee. Or break out your favorite board game or even pick up some crayons and color.
• Pamper yourself. Have a couple of friends over for facials or pedicures.
• Play a pick-up game of basketball or get a group together and play football.
• Get a massage! Campus recreation has reduced prices for students.
• Be goofy. Put on some music and dance around. Have people over and play dress up.
• Indulge every once in a while without feeling guilty. Eat your favorite food or buy something new for yourself.

**Stress Resources on Campus**

Counseling Center
Find someone who will listen to you. But remember to call first to set up an appointment.
312-996-3490; 2010 SSB 1200 W. Harrison

Campus Recreation
Here you can work-out, get a massage (for really cheap) or just chill out in the huge hot tub.
312-413-5150; 737 S. Halsted

Academic Center for Excellence
You can find academic support here. Also remember you can go to your college advisor to help schedule the best classes for you.
312-413-0031; 2981 SSB 1200 W. Harrison

And of Course...The Wellness Center.
Grab a brochure or ask some questions. Get some condoms.
312-413-2120; 237 SCE 750 S. Halsted

**Try looking for the humor in life. Laughter really can be the best medicine.**
When counting sheep doesn’t work...

Factors that contribute to a college student’s poor sleep
- Late night social activities.
- Homework done in the late evenings.
- Going to bed late and waking up early.
- Parents are no longer enforcing a bedtime.
- Work, sports, and other extracurricular activities.
- Staying up late surfing the Internet & on social networking sites (Facebook, Twitter, etc).

This may lead to...
- Difficulty waking up for classes.
- Skipping classes.
- Falling asleep in class or while doing homework.
- Traffic accidents.
- Poor performance in school. Poor grades.
- Depressed mood.
- Problems in both peer and adult relationships.

What you can do...
- Manage your time.
- Study between classes and not too late at night.
- Don’t drink caffeine after 8 pm.
- Drink Chamomille tea before bed.
- Go to bed before 11pm.

Adults require an average 7.5-9 hours of sleep each night in order to function at their best.

Sleeping: Myths v. Facts
Just because you heard it, doesn’t mean that it is true. Here are some common myths about sleep, and how not getting enough rest can affect you and your overall health.

Myth: Getting just 1 hour less sleep per night won’t affect your daytime functioning.
Fact: You may not be noticeably sleepy during the day. But even slightly less sleep can affect your ability to think properly and respond quickly, and compromise your cardiovascular health, energy balance, and ability to fight infections.

Myth: Extra sleep at night can cure you of problems with excessive daytime fatigue.
Fact: Not only is the quantity of sleep important but also the quality of sleep. Some people sleep 8 or 9 hours a night but don’t feel well rested when they wake up because the quality of their sleep is poor.

Myth: You can make up for lost sleep during the week by sleeping more on the weekends.
Fact: Although this sleeping pattern will help relieve part of a sleep debt, it will not completely make up for the lack of sleep. Sleeping later on the weekends can affect your sleep-wake cycle so that it is harder to go to sleep at the right time on Sunday nights and get up early on Monday mornings.
Make sleep a priority. Just as you schedule time for work and other commitments, you should schedule enough time for sleep.

Don’t Deprive Yourself!
If you’re getting less than eight hours of sleep each night, chances are you’re sleep deprived. What’s more, you probably have no idea just how much sleep deprivation is affecting you. Common symptoms include:
• Fatigue, lethargy, and lack of motivation
• Moodiness and irritability
• Reduced creativity and problem-solving skills
• Inability to cope with stress
• Reduced immunity; frequent colds and infections
• Concentration and memory problems
• Weight gain
• Difficulty making decisions

You may also be sleep deprived if you...
• Need an alarm clock to wake up on time
• Rely on the snooze button
• Have a hard time getting up in the morning
• Feel sluggish in the afternoon
• Get sleepy in meetings, lectures, or warm rooms
• Get drowsy after heavy meals or when driving
• Need to nap to get through the day
• Feel the need to sleep in on weekends
• Fall asleep within five minutes of going to bed

Six Reasons to Get Enough Sleep
• Learning and memory: Sleep helps the brain commit new information to memory through a process called memory consolidation. In studies, people who’d slept after learning a task did better on tests later.
• Metabolism and weight: Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates, and by altering levels of hormones that affect our appetite.
• Safety: Sleep debt contributes to a greater tendency to fall asleep during the daytime. These lapses may cause falls and mistakes such as medical errors, air traffic mishaps, and road accidents.
• Mood: Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness. Too little sleep can also leave you too tired to do the things you like to do.
• Cardiovascular health: Serious sleep disorders have been linked to hypertension, increased stress hormone levels, and irregular heartbeat.
• Disease: Sleep deprivation alters immune function, including the activity of the body’s killer cells. Keeping up with sleep may also help fight cancer.

Ten Tips for Better Sleep
• Maintain a regular bedtime and wake-time schedule, including on weekends.
• Establish a regular, relaxing bedtime routine, such as soaking in a hot bath and then reading a book or listening to soothing music.
• Create a sleep-conducive environment that is dark, quiet, comfortable and cool.
• Sleep on a comfortable mattress and pillows.
• Stop doing computer work 2 hours before you go to bed.
• Finish eating at least two to three hours before your regular bedtime.
• Exercise regularly. It is best to complete your workout at least a few hours before bedtime.
• Avoid nicotine (e.g., cigarettes, tobacco products). Used close to bedtime, it can lead to poor sleep.
• Avoid caffeine (e.g., coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake.
• Avoid alcohol close to bedtime. It can lead to disrupted sleep later in the night.