

Creating a campus culture of informed and responsible decision-making about health. Be well.



Recruiting peer educators

If you enjoy helping others and are looking to make a difference in the community, consider joining Health Promotion Programming's peer education team for the 2010-11 academic year. Health Promotion Programming is always looking for peer educators to help PSC become a healthier campus. Studies show that peer educators make a large impact on the health behaviors of their fellow students.

PSC's Pioneer peer educators are trained in a variety of topics that affect many college students, including access to health care services, alcohol and drug abuse, tobacco prevention and cessation, nutrition and body image, mental health, relationship issues, sexual health, stress management, and much more. Peer educators assist with planning and staffing educational programs and awareness week activities.

For more information or an application, contact Angela Ogburn, coordinator of health promotion, at (708) 709-7897 or aogburn@prairiestate.edu, or in the Office of Student Retention and Involvement near the Information Center.

Health Promotion Programming

This newsletter is brought to you by Health Promotion Programming, a service area for Prairie State College students.

Located in the Student Leadership Center, Room 1261, this area is a part of the Student Life and Multicultural Affairs department.

Currently, Angela Ogburn, coordinator of health promotion, and peer educators plan programs. Health Promotion is also made up of student volunteers who wish to help others.

The purpose of Health Promotion Programming is to promote and preserve the well-being of students here at Prairie State. If you have an issue that you feel this organization can aid you with, feel free to contact Angela Ogburn.

This program is for **you**, the student, and we pledge to do everything in our power to help you. Our job is to refer you to the right employees or offices, so that you may gain the proper assistance.

Contact Angela at (708) 709-7897 or aogburn@prairiestate.edu with any questions, comments, or concerns you may have regarding this newsletter – or if you would like to get involved.

The start of a new school year is here, and we're getting everyone ready with some student success tips. Learn how to succeed in college with our guide to stress management and our strategies for study and test-taking skills. Remember, the healthy student is the prepared student.

Don't mess with stress

As a college student, you don't need anyone to tell you what stress is. Even though college is an exciting time, it can also be very stressful and feel like a juggling act. In addition to managing your academics, you also have to keep up with personal relationships and finances. College comes with a big increase in responsibility, which can lead to momentary feelings of doubt, stress, and emotional highs and lows. Before learning how to manage stress, we must take a closer look at what stress is. Stress is our mind's and body's reaction to any perceived physical or mental demand placed upon us. When we perceive a situation as too difficult to handle, we experience stress. For example, if you're taking a test and feel it's too hard, and you run out of the room, you just experienced a high level of stress. Many people would feel nervous about the test and hope to do well, but one who experiences a high level of stress may try to leave the situation rather than stick it out.

Stress is normal, and having some amount of stress in our lives is helpful. If we didn't feel any anxiety or stress about an upcoming test, we may not feel inclined to study for it. Stress can provide motivation to

study. A certain amount of stress can make us perform at our best and adds challenge. Thus, not all stress is bad. Eustress is positive stress, the kind that pushes us to work on challenges that produce a reward (such as hard work in college leading to graduating!). The kind of stress that no one wants to have is distress. Distress is a chronic feeling of being overwhelmed with little relief in sight. This kind of stress keeps us from realizing our dreams by making us feel that we cannot complete a task.

There are many things that can lead to stress while in college. A few of the biggest culprits are social, physical, and personal factors. Social stressors may be any family, social, or romantic relationships that are tense or lead to emotional highs and lows. Physical stressors could be illness, lack of sleep or exercise, poor nutrition, or alcohol/drug abuse. Personal stressors that may lead to stress include worry, self-criticism, or poor decision-making. All of these factors could cause stress and lead to a decrease in focus on academics.

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How can you manage your stress?

Discover study skills

Learn effective study strategies, which will increase productivity when studying and improve grades.

Use time management skills

Learn time management skills and schedule in time spent studying and completing assignments.

Assert yourself

Be proactive by meeting your instructors, introducing yourself to classmates, and asking questions.

Get involved

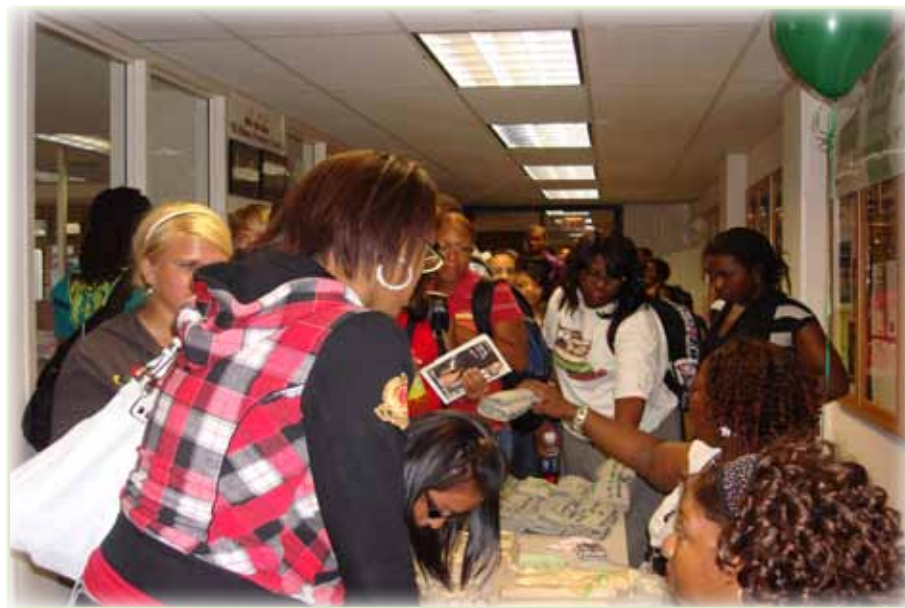
Attend campus events and get involved in student organizations and clubs.

Take care of yourself

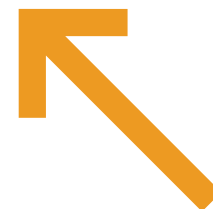
Maintain your health by getting adequate sleep, nutrition, and exercise.

Utilize campus resources

Seek out the assistance of offices on campus.



Want more information about PSC's health-related events?
Check out PSC's Health Promotion Programming Web site at
prairiestate.edu/studentlife/preventionprogramming.html.



Study skills to live by

Try not to do too much studying at one time. If you try to do too much studying at one time, you will tire and your studying will not be very effective. Space the work you have over shorter periods of time. Taking short breaks will restore your mental energy.

Plan specific times for studying. Study time is any time you are doing something related to schoolwork. It can be completing assigned reading, working on a paper or project, or studying for a test. Schedule specific times throughout the week for your study time.

Try to study at the same times each day. Studying at the same times each day establishes a routine that becomes a regular part of your life, just like sleeping and eating. When a scheduled study time comes up during the day, you will be mentally prepared to begin studying.

Set specific goals for their study times.

Goals will help you stay focused and monitor your progress. Simply sitting down to study has little value.

Start studying when planned. You may delay starting your studying because you don't like an assignment or think it is too hard. A delay in studying is called "procrastination." If you procrastinate, you may find it difficult to get everything done when you need to.

Work on the assignment you find most difficult first. Your most difficult assignment will require the most effort. Start with your most difficult assignment since this is when you have the most mental energy.

Review notes before beginning an assignment. Reviewing your notes can help you make sure you are doing an assignment correctly. Also, your notes may include information that will help you complete an assignment.

Turn the cell phone on silent and stay away from internet distractions. Two problems can occur if you're distracted during study time. First, your work is interrupted, and it's not always easy to get back to what you were doing. Second, your friends may bring up things that will distract you from what you need to do. It may be hard to stay away, but push yourself to make study time free from these interruptions.

Contact another student or your professor when you have difficulty with an assignment. This is a case where "two heads may be better than one."

Review schoolwork over the weekend. Yes, weekends should be fun time, but there is also time to do some review. This will help you feel ready to go on Monday morning when another school week begins.

Taken from www.how-to-study.com

