Many students experience doubts from time to time, but asking the question should not mean “I’ve gotta get outta here!”

This question may enter your mind at predictable times. It may come up:
- right after an exam,
- when you have to pick classes or meet with your advisor,
- when the tuition bill arrives,
- or when the neighbors back home say, “So, how’s school going?”

Each of these are times when you might feel vulnerable. They are times when your day-to-day life may feel judged or evaluated. An exam lets you know how well you’re learning the material in a class. Picking classes and having to discuss with an actual person what you’re doing requires you to evaluate your progress – or lack of progress. When it’s time to pay the bill, it’s a lot of money, so you can’t help but wonder about the investment you’re making. And, when others put you on the spot by asking questions, it may make YOU stop and think for yourself, “How is school going?”

Occasionally taking some quiet time to reflect on our choices is important and valuable. If you can see these questions as a positive opportunity for reflection, you can use the answers to confirm your choices and motivate your progress toward graduation.

With exams, if you haven’t scored as high as you’d like, what can you do to improve? Talk it over with your teacher. Find different ways of studying the material, through working in a group with classmates, or changing where or when you study, or allowing yourself more time to read and review. Perhaps talk with someone in the Center for Teaching and Learning about receiving some help.

When picking your classes for upcoming semesters, carefully read and understand the requirements for your major. Create a chart to plan out what classes you have taken to meet which requirements, and which classes you still need to take. Come prepared to your meetings with your advisor. Take ownership of your college career and utilize your advisor’s knowledge as guidance for the choices YOU make.

The cost of college is steep, so it’s normal and important to stop and question whether all the money is worth it. Figure out the goals you want to achieve and how college fits into that plan, then say it out loud or write it all down. That process will help motivate you to keep moving at those times you feel stressed out.

As far as the neighbors go, they usually are just trying to be nice and make conversation. They don’t expect you to come up with a profound response to their chatty question. If you have a lot of family members or (your parents’) friends who ask you those questions, think ahead of some simple response you’ll give to all of them. It’s even OK to say, “I haven’t decided yet what I’m majoring in, but I’ll figure it out.” With that, they have an answer and you don’t feel put on the spot.

So the next time that question pops up – “What am I doing here?!?” – take it as a sign that you need to take some time to focus on what it is you’re here to achieve and make some choices that are best for YOU. Then relax, and savor all the experiences that college has to offer.

WANT TO KNOW MORE?
For additional strategies for exploring academic/career options, make an appointment with an academic advisor (Crouse Center) or personal counselor (Counseling Center).
Confused about “OTC” cold medications?

If you have visited the over-the-counter (OTC) cold mediation aisle at your grocery store, you may be well aware of the number and variety of cold/flu products claiming to “make you feel better faster.” Choosing from active cold medication ingredients such as pseudoephedrine, dextromethorphan and guaifensin or any combination of the above is enough to give anyone a headache. Choosing the right OTC medication is easier if you understand your symptoms and know a little about how cold medications work.

Simply follow our “What If ?” plan:

1. Identify your symptoms
2. Match your symptoms with the appropriate active medication ingredient
3. Purchase only OTC medications that contain the active ingredient you have identified as helpful for your symptoms

<table>
<thead>
<tr>
<th>“What if”…</th>
<th>OTC Medication Category</th>
<th>Active medication ingredient to consider</th>
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<tbody>
<tr>
<td>“I have pain or fever”</td>
<td>Pain relievers and fever reducers are designed to relieve mild to moderate pain and to reduce fever.</td>
<td>Acetaminophen or Ibuprofen</td>
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<tr>
<td>“I have a dry cough”</td>
<td>Cough suppressants may help temporarily relieve coughing that is a result of a cold.</td>
<td>Dextromethorphan</td>
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<tr>
<td>“I have a runny nose or head congestion”</td>
<td>Decongestants are used for the temporary relief of congestion or stuffiness in the nose</td>
<td>Phenylephrine or Pseudoephedrine</td>
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<tr>
<td>“I have really thick congestion”</td>
<td>Expectorants help to thin mucus in the air passages and making it easier to breathe.</td>
<td>Guaifenesin</td>
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</table>

If you have any chronic health condition such as hypertension, asthma, kidney disease be sure to check with your physician before taking any OTC medication. Even though a medication may help with your symptoms, it may not be safe for you. Do not take OTC medications for extended periods of time. Contact your physician if you are not seeing improvement in your symptoms with 2-3 days of OTC medication use.

Stop into the Wellness Center for your FREE wallet-sized OTC Cold Medication Guide!
A Final Word (or two) on OTC Medications...

Points to Remember with OTC Medications
1. OTC cold medications are only intended to provide symptom relief. Cold medications will not “cure” a cold or flu virus.
2. Take medications that treat only your current symptoms
3. Beware of duplicate active ingredients if using multiple OTC medications or combination cold medication products.
4. “Over-the-counter” does not necessarily mean it is safe for you. Always read directions before taking
5. Buy generic when available to save money
6. When in doubt ask a health care provider/pharmacist

Noteworthy non-medication cold remedies

Water and other fluids
• Drinking plenty of liquids such as water, juice, clear broth or warm lemon water with honey can help loosen congestion and prevent dehydration

Salt Water
• Gargling warm salt water (1/4 tsp. salt dissolved in 8 oz. of warm water) can help to temporarily relieve throat discomfort

Chicken Soup
• The warmth from the soup can speed up the movement of mucus through nose, helping relieve congestion

Humidity
• Dry air dries mucus membranes, contributing to a stuffy nose or scratchy throat. A humidifier can add much needed moisture to your living environment.

To learn more about OTC medications, visit the Wellness Center website (http://www.aurora.edu/student-life/wellness) or stop by our office in Jenks Hall, Lower Level.

KEY/ID USAGE

You may not be aware of this, but it is a violation of University policy for you to lend out your ID card (or your room keys, for those students living in the residence halls). Residence Life has seen an increase in violations of this nature over the course of the fall semester, and wanted to bring this policy to the attention of the campus so that everyone can be well-informed.

The rationale behind this policy, which you can review in its entirety below, is quite simple: inappropriate use of keys or ID cards causes a safety and security risk to all students in the community. Particularly in residence halls, floor communities are very strong and most all students know one another. Even if a student may be confident in his or her guest’s ability to enter and exit the hall without concern, the floor and hall community can be very uncomfortable seeing someone they do not know walking through the halls. It also is inappropriate and a violation of Policy to lend out your ID card for another individual to use it in the library or for any of Sodexo’s dining services.

Unauthorized Use/Possession of Keys: Possessing, lending or duplicating keys to any University building or facility without authorization by appropriate University officials; possessing, lending, or duplicating a University ID card which provides access to any University building or facility without authorization by appropriate University officials; committing an act of unauthorized entry into or use of university buildings or facilities.

To learn more about the Aurora University Code of Conduct, please visit http://www.aurora.edu/academics/resources/abook.html.
Did you know that if you seek medical assistance for yourself or a peer as a result of excessive intoxication or serious injury after consuming alcohol, you may not be subject to formal disciplinary action for violating the University’s alcohol policy? The health and safety of students are of primary importance at Aurora University. Not only do students need to think about their own health and safety, but also that of their peers/friends. In addition, it is critical to get help on the way as soon as you observe a friend in need of medical assistance.

Aurora University recognizes that students could be intimidated by the thought of “getting in trouble” if they were to seek help for self or others in alcohol-related incidents. When a student’s health or safety is threatened or appears to be in jeopardy, however, Aurora University encourages all students to take immediate action.

Students needing or calling for medical assistance during an alcohol-related incident will not be subject to formal disciplinary action by the University for being under the influence of or in possession of alcohol, or otherwise acting in violation of the University’s alcohol policy.

Similarly, any student seeking medical assistance on behalf of a peer will not be subject to formal disciplinary action, regardless of whether the reporting student was under the influence of or in possession of alcohol or otherwise acting in violation of the University’s alcohol policy.

Instead, students will be asked to follow certain recommendations based on the University’s concern for student health and safety. If the student does not follow these conditions, formal disciplinary action may be taken.

To the extent permitted by law, University officials or hospital personnel reserve the right to contact the parents of students that are hospitalized for alcohol abuse or that are unconscious or otherwise in serious physical jeopardy. Please note that the University cannot control how local law enforcement officials will respond should they become aware of an alcohol-related incident.

**IDENTIFYING AN ALCOHOL INCIDENT THAT MAY REQUIRE MEDICAL ATTENTION**

Excessive alcohol consumption can result in alcohol poisoning, serious injury and fatalities. If someone has consumed too much alcohol or has experienced an injury while or after consuming alcohol, call for help immediately and stay with the person until help arrives. In cases of a potential head injury, even if the person regains consciousness, he/she must be evaluated immediately.

**WHAT IS ALCOHOL POISONING?**

Alcohol poisoning is another name for an alcohol overdose, i.e. drinking so much alcohol that the blood alcohol content (BAC) reaches a level that the body cannot process quickly enough, creating a potentially life-threatening situation.

**SIGNS OF ALCOHOL POISONING**

- No response to loud shouting or vigorous shaking (unconsciousness)
- Inability to stay awake for more than 2-3 minutes (semi-consciousness)
- Slow/irregular breathing
- Irregular pulse (weak, very rapid or slow)
- Cold, clammy, or bluish skin
- Vomiting while unconscious or semi-conscious

Any of the above signs require immediate medical attention.

**WHAT TO DO in an alcohol emergency**

- Call for help (911 or 555).
- Stay with the person until help arrives.
- Turn the person on his/her side to prevent choking if the person vomits.
- Be prepared to give the medical personnel as much information as possible, including any drugs or medications taken.

**WHAT NOT TO DO in an alcohol emergency**

- Do not hesitate to call 911 or 555.
- Do not leave the person alone. The person may seem to be okay, but the alcohol ingested may take some time to be absorbed before peak levels are reached.
- Do not leave the person lying on his/her back.
- Do not try to give the person anything to eat or drink.
- Do not put the person in a cold shower. The person could fall or go into shock and/or lose consciousness.

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# 4 U in November

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<th>SUN</th>
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<td><strong>Counseling Services, Depression Screening, Spartan Spot, 11am-1:30pm</strong></td>
<td><strong>FLY, “Wardrobing on a Budget” Seminar, Dunham Atrium, 7-8pm</strong></td>
<td><strong>Avalon String Quartet, Crimi Auditorium, 7pm</strong></td>
<td><strong>BSA and Alpha Phi Fraternity, Talent Show, UBH, 9pm-12am</strong></td>
<td><strong>Intervarsity, “What is Church Really” Program, 7-9pm</strong></td>
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<td><strong>DuSable Museum of African American History Sign Up, Spartan Spot, Noon-1pm (must bring AU ID)</strong></td>
<td><strong>Office of Residence Life, Experience Archie Bunker’s Neighborhood, UBH, 8:30-10pm</strong></td>
<td><strong>FLY, Fashion Showcase, UBH North, 7-9pm</strong></td>
<td><strong>Delta Mu Delta, Etiquette Luncheon, UBH North, Noon-1pm</strong></td>
<td><strong>Poetry Night, Spartan Spot, 6-7:30pm</strong></td>
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<td><strong>AUSA Presents Tobacco Awareness Week, November 16-20</strong></td>
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<td><strong>Bus departs for DuSable Museum, 9:45am</strong></td>
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<td><strong>Student Accounting Society, Panel Discussion, Dunham Atrium, 5-6pm</strong></td>
<td><strong>LASO &amp; Schingoethe Center, David and Goliath in the Amazon Lecture, Crimi, 9:30-10:30am</strong></td>
<td><strong>Musician: Rudy Currence, Spartan Spot, 10-11:15pm</strong></td>
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<td><strong>Bus departs for The Addam’s Family Musical at Noon</strong></td>
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<td>**Student Organization Events are listed in <strong>BLUE</strong> Activities Programming Board Events are listed in <strong>PURPLE</strong> Arts &amp; Ideas Series Events are listed in <strong>RED</strong> **Student Life Events are listed in <strong>GREEN</strong> AUSA Events are listed in <strong>YELLOW</strong> Academic Calendar Information is listed in <strong>BROWN</strong> <strong>AU Theatre Department presents “The Clean House” in Perry Theatre at 7:30pm on November 13-14 and 18-21</strong></td>
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<td><strong>Sodexo’s Thanksgiving Feast, Student Dining Hall, 4:30-6:45pm</strong></td>
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**WANT 2 KNOW MORE?**

To learn more about upcoming campus events, visit the Student Activities website (http://www.aurora.edu/activities). An exciting event is always right around the corner!
You are invited to join us for a served Thanksgiving meal!

Resident students can dine with us using their meal plan.

Commuter students can dine with us for $7.00 incl. tax.

Questions regarding this event? Contact Theresa Quiram, Sodexo General Manager, at 630/844-5789.