START THE NEW YEAR
FOCUSING ON
A HEALTHIER YOU!

Below are some websites to help you get on track:

NOT FEELING WELL?
• Check out familydoctor.org. Here you can search by your symptoms and it will give you ideas on what it could be and how to treat your symptoms.

INTERESTED IN FITNESS?
• The Federal Government has issued its first-ever Physical Activity Guidelines for Americans. They describe the types and amounts of physical activity that offer substantial health benefits to Americans.
• Did you know it was found that the thinnest girls are most likely to eat breakfast regularly? Check out Shape Up America for info on breakfast benefits as well as assessment tools, how to overcome barriers to fitness, and healthy weight management.
• Looking for The Keys to Exercise Success? Look no further than the American College of Sports Medicine website. Go to Physical Activity & Public Health Guidelines, scroll to the bottom & click on these keys to success. There are some exercise videos on this page too!

NUTRITION
• Need some help in what to eat? MyPyramid offers personalized eating plans and interactive tools to help you plan/ assess your food choices based on the dietary guidelines for Americans.
• What’s all the hype about fruits & vegetables? Not only do they come in beautiful colors, they can protect your health & help with weight management. Find out more at fruit and veggies matter which also has a cool interactive tool called Analyze My Plate. You’ll get a nutritional analysis of a meal you eat & some help to create healthier choices.
• Have you ever thought “I should be reading food labels but I don’t know how”? Here is where you can learn that food labels are our friend. The food and nutrition information center will take you step by step on how to read labels, which will help with food selection and portions for proper nutrition/weight management.

SLEEP
• Tired of being tired? Learn what you can do day to day to sleep better at shuteye.com.
• Not only will getting your zzz’s help you perform on a test, learn why it may be a critical factor in your health, weight and energy factors at sleepfoundation.org.

TOBACCO
• Need some incentive to stop smoking? QuitNet can calculate the money & lifetime you will save when you quit smoking. Quitnet is a free online quit smoking service.
• Smokefree.gov offers a Step by Step Quit Guide, tools to help you quit, and other topics related to quitting. Their online voting poll shows that Monday is the best day to quit smoking.

STOP IN THE WELLNESS CENTER
DURING THE MONTH OF JANUARY
FOR A FREE JOURNAL
TO TRACK YOUR 2011 HEALTH and WELLNESS GOALS!
If you are like many college students you have learned that managing your time is one of the most challenging aspects of being in school. With the latest technology you would think organizational efforts would be easier, but often technology results in students wasting time.

Here are some tips to help you get off to a good start this semester:

- **Get and use a calendar.** It can be your daily planner. Or use your cell phone to organize your time. No matter what format you use, make sure you use it daily! Write down due dates and set reminders for important things coming up in the next week.

- **Write down everything.** Put everything on your schedule in one place. If you decide to use your phone, use it for everything, so you don’t miss something that is on another calendar somewhere else. This becomes even more important the busier and crazier your schedule gets.

- **Schedule time to relax.** Don’t forget to schedule in time to eat, sleep, and hang out with friends. Too many students think they can go from 7am-midnight without a break, but this leads to burn out. If you don’t take breaks, your brain and body will rebel, causing you to get physically sick, and you will find yourself putting things off instead of getting things done.

- **Schedule in rewards.** Plan to study and get things done first, then go out with your friends or get on Facebook. If you have fun first and tell yourself you will study later, you may find it is easier to procrastinate and not end up with enough study time. Work first, then “play.” Then when you spend two hours on Facebook, you won’t feel guilty!

- **Leave your cell phone off while studying.** Yes, there is an “off” switch on your phone! Minimize interruptions while studying. You may find yourself at the library for three hours, but responding to texts for almost an hour of that time. Study first, then if you want to reward yourself with uninterrupted texting time, go for it!

- **Plan for the unexpected.** Things always come up that you aren’t expecting. Someone may ask you for a favor, or you may catch the flu and not have the energy to study for hours at a time. Try to stay up-to-date with your assignments from Day One so that an unexpected event doesn’t push you further behind than necessary.

- **Plan ahead.** If you have a huge test or paper in the middle or at the end of the semester, plan backward and know how much time you will need to research and write the paper or study for the test. If you figure you’ll need three weeks to do a good job on a paper, then count back three weeks from the due date and write that down on your calendar. Then you’ll know when to start a project and not get behind.

- **Keep trying new systems.** If your cell phone calendar isn't big enough, try using a paper-and-pencil daily planner on which you can write things down. If you have multiple tasks written down for each day, try color coding to simplify. Keep trying until you find a system that works for you. It can make a huge difference in your stress level and in your success in your classes!

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**WANT TO KNOW MORE?**

Go to: [www.aurora.edu/student-life/counseling/resources.html](http://www.aurora.edu/student-life/counseling/resources.html) and click on “Semester on a Page,” where you can print out the one-page simple calendar, record all of your assignments in one place and see the big picture for Spring, 2011 at AU.


Or take a FREE interactive assessment to find out for you, “Where does time go?” at: [http://www.ucc.vt.edu/stdysk/TMInteractive.html](http://www.ucc.vt.edu/stdysk/TMInteractive.html)

Go to AU’s campus bookstore and invest in a planner to keep track of your life, or use Google.com’s calendar system. Call up [www.google.com](http://www.google.com) and in the top left-hand row of words, click on “more.” In the drop-down menu, you’ll see “calendar” and click on it for more information. You can even sync it with a smartphone app!
It is hard to believe that half of the academic year is already over. Many of us blinked and winter break was upon us. With the start of the spring semester only days away, now is a good time to reflect on what worked last semester and what things need to be tweaked in an effort for this semester to be its most successful. How you choose to prepare for this upcoming semester will make all the difference. Here are a few successful tips to get prepared for a return to the daily grind of homework, activities, tests, work and play.

- **Try to stay on a proper sleep schedule.** It is very difficult to focus and be prepared for the day’s events if you don’t get enough sleep. Try to get at least 8 hours of sleep per night. You will feel refreshed and ready to face the day by setting your body up for success.

- **Eat properly.** Try to stay away from too many fried and unhealthy foods. Eating those foods are fine, sometimes. Your body needs a well-balanced, healthy diet including plenty of fruits, vegetables, whole grains and more.

- **Get involved on campus.** Being involved in clubs and organizations on campus is a great way to meet new people and can spark your creativity by getting involved in an activity that satisfies your authentic self. It can also be a valuable leadership experience and provide an outlet from “the books” for awhile.

- **Get some exercise.** Getting into an exercise routine will help relieve some of the daily stresses that accompany college life. It is good for you, your body and mind.

- **Get yourself organized.** Plan out what tools will help you be successful. Organize your academic materials so that you are aware of where everything is prior to the start of the semester. Be ready to dive back in right from the start.

- **Connect with those you care about.** Sometimes it can be a quick call to your parents, sibling or best friend that really helps to put things in perspective. Keep connected with those that are encouraging and help you feel good about yourself. Their positive energy will give you a boost.

- **Get involved in your residence hall.** Attend floor meetings and programs. Learn more about where you live and how to make it the best place to be.

- **Relax and have fun.** College is one of the most enjoyable times of your life. Make it the best experience it can be.
The 2010-2011 Student Accident and Sickness Insurance Plan waiver/enrollment period for Spring/Summer will began December 1, 2010. Aurora University's insurance plan is managed in partnership with Gallagher Koster. Several enhancements are in place for the current year, including:

- Enrollment and waiver submissions done online!
- Physician visit benefit increased from $50 per day to $75 per day
- Supplemental expense benefit maximum increased from $25,000 to $50,000 per condition
- Discounts on dental services and eyewear

*To get complete benefit information, visit www.gallagherkoster.com/aurora.*

Aurora University requires all full-time undergraduate and residential students to have health insurance. Therefore, you will be automatically enrolled in and billed for the Student Accident and Sickness Insurance Plan offered by Aurora University. **Please note: You only need to complete this process once per academic year. Therefore, if you are a continuing student from Fall 2010, and do not wish to make a change to your waiver/enrollment status, you do not have to complete anything further. Please check your ebill for accurate billing.**

The cost and coverage dates are as follows:
Spring/Summer 2011 - $338 (January 10, 2011 thru July 31, 2011)

If you currently have health insurance, you can choose to waive the health insurance plan offered by Aurora University and have the charge removed from your student account. Part-time students and graduate students are eligible to enroll on a voluntary basis.

The 2010-2011 online waiver and enrollment deadline is January 14, 2011. To waive or enroll, please follow these simple steps:
1. Log onto: www.gallagherkoster.com/aurora and click on “Student Waive/Enroll Forms”
2. Create a user account or Log in with your own unique user name and password
3. Select either the red “Waive” or green “Enroll” button. If waiving the insurance, have your current health insurance ID card ready as you will need this information in order to complete the waiver form.

*Immediately upon submitting your online form you will receive a confirmation number. Please save this number and print a copy of this page for your records.

**You may begin submitting your online waiver or enrollment for the Spring/Summer period on or after December 1, 2010.**

Full-time undergraduate and residential students who do not submit an online waiver form by January 14, 2011, or have not completed an online waiver form from Fall 2010, will be automatically enrolled in and billed for the student health insurance plan. If you have submitted proof of health insurance coverage to any other departments on campus, i.e. Athletics, this will not serve as proof of health insurance coverage for this requirement.

Students participating in any May Term travel programs must have waiver/enrollment information on file with Gallagher Koster for Spring/Summer 2011. Please contact Dana Ginnett (630-844-5446 or dginnett@aurora.edu) if you have questions about this requirement.

If you have any questions, you may contact:
Steve Hagen
Aurora University’s Gallagher Koster Client Service Representative
1-877-498-7926 or via email at aurorastudent@gallagherkoster.com
stephen_hagen@aig.com

You may also contact:
Dana Ginnett
Aurora University’s Student Insurance Coordinator
630-844-5446
dginnett@aurora.edu
AU4U_2: (Sopho)More 4 UR Career Event

with author and career counselor Dan Burns

Saturday, January 22, 2011
8:30 a.m.—3:30 p.m.

Institute for Collaboration at Aurora University

Want “more” from the second year of college? Taking the time to develop career-decision making skills and a career vision is key to the transformation from student to emerging professional. Aurora University sets the stage for success with this specialized program for sophomores and their parents.

For more information, contact the Career Development Office in the Crouse Center for Student Success at 630/-844-6870 or career@aurora.edu