Schoolwork Sabotage

Sometimes we as students do things with the best intentions to help our school work but in reality we may be sabotaging our efforts. Listed below are four of the more common habits that college student tend to have that may not always be the best thing for you or your grades. Stop and look at your habits, are you sabotaging your schoolwork?

Not Staying Hydrated

Water is extremely important to our bodies, in fact approximately 60-70% of our bodies are made up of water. This means that not getting enough to drink can have drastic effects on your body. One of the potential effects of dehydration is fatigue and even signs of depression. Also when you don’t drink enough water it can affect the way that your body functions. A 2% reduction in the water levels of your body can lead to a 20% decrease in mental and physical performance.

Over Booking

Many of us find ourselves running out of time because we may have over committed our time to classes, clubs, work, homework, study groups, tutoring session, and of course eating and sleeping (if we have time). This often leads to less things getting done and more stress, which is never a good thing. One of the easiest ways to free up your schedule is to learn to say NO! This may help prevent you from making unnecessary commitments.

Not Getting Enough Sleep

While most of the time sleep is not a high priority for college students, it should be. Chances are we have all stayed up late and then struggled with staying awake the next day. Lack of sleep just means more stress, and on top of that lack of sleep causes irritability. To sum it all up, lack of sleep may negatively effect your health and academic performance.

Skipping Class to Play Catch Up

When we get behind we often will skip one class to work on stuff for another class. Even though in the class you missed you were just watching a movie it may not always be a good idea. Skipping a class can make you seem not as dedicated to the class as other students, and may make the teacher and classmates less likely to help you catch up on missed work. Oftentimes you may find yourself getting further behind in more classes!

What I Learned in This Issue of WOW...

- Little things you think are helping your school work may be hindering it
- Thanksgiving Dinner tastes good, and has nutritional value if prepared correctly
- I can get everything done with a little planning
- Processed foods may be the reason for common health problems
- Smoking may cause an abdominal aortic aneurysm
Tasty Eats

Turkey is the meat commonly associated with Thanksgiving, after all it is referred to as “Turkey Day”. Here are a few facts about the popular meat being eaten this Thanksgiving. It is high in protein and contains iron, potassium, and vitamin B. Turkey, primarily white meat, has less fat than darker meat that has skin on it.

Ham is an alternative meat to those who may not like turkey. It is a good source for vitamin C, protein, vitamin B. Ham is also high in sodium and cholesterol so be sure to consume small portions on this Turkey Day!

Sweet Potatoes are one of my personal favorites and very popular for Thanksgiving dinner. They provide soluble fiber, and vitamin C, which we learned about in the last edition of W.O.W. It also contains beta-carotene (good for your eyes), vitamin A, and protein (is good for your skin). Sweet potatoes are said to be good for your overall health because of all the antioxidants and nutrients they have.

Greens contains vitamin C, vitamin K, and vitamin A. They rate very high in having significant amounts of calcium, and folate. Greens can be steamed, cooked as collard greens, turnip greens, or mustard greens. Greens can also be added to a delicious salad. Either way you eat them you still get the healthy nutrients from them.

Cranberry Sauce can be one of the kids favorite side dishes due to its similarity to jell-o. It’s high sugar content may also be another reason kids like it. One way to decrease the amount of sugar is to purchase a can of unsweetened cranberry sauce while shopping for this Turkey Day. Cranberry sauce does have high amounts of vitamin A, E, and higher percentage of vitamin C. It also contains dietary fiber and about 1% of folate, it is a source of potassium as well.

Did You Know?

- Iron is essential. It carries oxygen form our lungs to our bodies.
- Iron is also part of our protein hemoglobin, which helps muscles store and use oxygen.
- That vitamin E is a fat-soluble vitamin, protects vitamin A and fatty acids from oxidation in the body cells and prevents breakdown of body tissues.

Here are some other alternatives for eating healthier this Thanksgiving

~ Squash
~ Green Beans (steamed)
~ Fruit Salad
~ Spinach
~ Broccoli
Finding Time For Everything Important

Most college students, especially first year students, who are still adjusting to getting on campus, seem to have a hard time balancing everything in their lives. Classes, friends, extracurricular groups/activities, homework, and sleep fill students plates, and most rarely see the light at the end of the tunnel! The good news: There are ways to get everything done.

- Get plenty of sleep- without the rest and energy or body gets from sleep, the other things can not get finished
- Eat healthy meals- your body also needs proper nutrition to function properly.
- Get a planner- writing down everything you have to do, then one by one crossing off tasks show what still needs to be done and what is finished. It also gives you a feeling of accomplishment when you finish a task.
  - Set aside times to go to the library or designate homework time to get more accomplished
  - Plan a movie or a dinner night with your friends or decide what night you are going out

Stress at Every Level!!!

Are you feeling overwhelmed, burned out and ultimately stressed? Do not worry, you are not alone college students everywhere, at every level are experiencing stress. Below are some common areas that may seem stressful to you and some resources available on campus to help you.

**Freshman & Sophomore Year:**
- Finances
- Papers and Exams
- Time management
- Forming new relationships
- Is this the right school for me?
- Did I chosen the right major for me?

**Junior & Senior Year:**
- Finances
- Papers and Exams
- Time management
- Do I need an Internship?
- Is graduate school for me?
- Am I eligible to graduate this year?

On Campus Resources that are free, convenient and helpful

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<tr>
<th>Center for Teaching and Learning</th>
<th>Counseling Services</th>
<th>Crouse Center</th>
<th>Wellness Center</th>
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<tr>
<td>They can help you with your papers, classes that you are struggling with, and other academic problems. (603) 844-5520 <a href="http://www.aurora.edu/learningcenter/index.htm">http://www.aurora.edu/learningcenter/index.htm</a></td>
<td>They provide a safe confidential environment where you can talk to professionals about anything that’s on your mind. (603) 844-5118 <a href="http://www.aurora.edu/counseling/index.htm">http://www.aurora.edu/counseling/index.htm</a></td>
<td>They can help you with any academic questions that have to do with your schedule, major, or career path. (630) 844-6870 <a href="http://www.aurora.edu/crousecenter/index.htm">http://www.aurora.edu/crousecenter/index.htm</a></td>
<td>They can help you with any questions about you physical health, and wellness needs. (630) 844-5434 <a href="http://www.aurora.edu/wellness/index.htm">http://www.aurora.edu/wellness/index.htm</a></td>
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What you need to know about Organic Foods

What is Organic Food?
Many people have been hearing about organic food, but what is it? We hear that it is better for the environment and better for our bodies, but all we see is the higher price tag at the supermarket. Well organic foods are produced in accordance to certain guidelines and regulations, much like processed foods. However, organic food regulations mean that they are grown without the use of conventional pesticides, artificial fertilizers, human waste, or sewage sludge. In addition the regulations also insure that organic foods are processed without ionizing radiation or food additives (yes all these things are used currently for processed foods). In most countries, organic food must not be genetically modified in any way. Organic food is legally regulated, and producers of organic food must obtain an organic certification in order to market their food as organic.

What About Meat?
While you may have a good understanding of organic foods, what about organic meat? Organic meat means that the livestock is reared without the repeated use of antibiotics, and without using growth hormones. Although these are the only requirements many organic farmers who raise livestock, treat them more humanely.

Could it be your Food?
Agricultural researchers are finding that processed foods may be causing common health problems such as the ones listed below*;

- May cause allergies
- May cause your immune system to become weaker
- May effect male reproductive capabilities
- May increase your risks of heart disease
- May increase your risks of osteoporosis
- May cause frequent migraines
- May cause hyperactivity in children
- May stunt growth in children

*Note; These are based off of Sir John Kreb’s (head of UK’s food standard Agency) studies. Theses claims should not be used as a diagnostic tool, nor to replace any doctors advice or orders.

Green Tip Of the Month
Eating organic food helps support your community, and it has been shown to increase your over-all health.
What you need to know about Processed Foods

While most of the food we consume would be considered processed foods, many are unaware of what “processed food” means. A broad definition of “processed food” may be, “food that has been altered from its natural state in any way shape or form.” Many times food is processed for safety, convince, to boost health benefits, or even to make a food item more appealing.

Processed foods are regulated by HACCP (Hazard Analysis and Critical Control Points). HACCP is controlled by the FDA (Federal Drug Administration) and the USDA (United States Department of Agriculture), with each department taking half of the responsibilities (ex. FDA regulates meat and poultry, while the USDA regulates juices and seafood). HACCP is also the food regulations that are applied to most food outlets, and School food programs.

Over 3,000 chemicals are added to the processed foods supply list, which is regulated by the FDA. Most of these chemicals are added to enhance the foods color, taste and texture. Some of these additives however have never been tested for safety, and require no government approval. As long as the chemical is on the FDA’s GRAS (generally recognized as safe) list it is considered “safe”. Even though some of these chemicals may be harmful they are still allowed to be used at a level of 1/100th of the amount that is considered harmful. That means if you eat enough of it, it may be harmful to your health!

What Is In YOUR Food?

**Artificial Coloring:** May cause hyperactivity, small cancer risks, brain tumors, and it may also cause allergic reactions

**Aspartame:** Artificial sweetener that is usually used in “diet” products may cause cancer if it is consumed in large amounts.

**Acesulfame Potassium:** An artificial sweetener that is used in gum and diet sodas may cause cancers along with thyroid break down

**Butylated Hydroxyanisole:** An antioxidant that is found in cereal and chewing gum, may cause cancer in humans

**Olestra (olean):** This is a fat substitute that is found in many potato chips. This chemical may reduce absorption of important chemicals in your body such as carotenoids from fruits and vegetables.

**Partially Hydrogenated Vegetable Oil:** This fat substitute that is often used in icings, microwaveable popcorn and baked goods may cause heart disease along with premature heart attacks.

**Potassium Bromate:** A flour improver has been known to cause cancer in certain studies, and has been outlawed in most countries.

**Propyl Gallate:** An antioxidant preservative that is found in meat products, vegetable oil, and chewing gum may cause types of cancer.
Smoking: What You Need to Know!!!

By now you may have heard of the many risks associated with smoking cigarettes. You know that smoking could lead to cancer of the lungs and throat as well as coronary heart and cardiovascular disease. However, researchers have found that there are other diseases that may be caused by smoking including the chance of developing an abdominal aortic aneurysm. So of course we here at WOW must keep you updated.

An abdominal aortic aneurysm (AAA) is a weakening or ballooning of the abdominal aorta which supplies our abdomen with blood and usually develops without any symptoms. Unfortunately, some 15,000 Americans die each year when an abdominal aneurysm ruptures according to an article by Health Day News. At first this illness was predominately found among male smokers but according to the National Women’s Health Resource Center most recent statistics revealed that about 20% of the people with AAA were females and smokers, and about 40% of the people dying as a result of this illness were women. So if you needed more reasons to quit smoking the possibility of an aneurysm is definitely a fatal one.

Additionally, another fact you may not know is how harmful smoking and oral contraceptives can be to your health. Women who smoke while taking birth control pills may be at a greater risk for heart attacks and strokes (ischemic and hemorrhagic) than women who do not smoke according to research from the National Women’s Health Resource Center. Everyone knows smoking is bad but it seems as if there are more illnesses being linked to smoking all of the time….What the Health???

For more information check out these sites:
- www.healthywomen.org  
- www.healthyaao.com

What is WOW?
WOW is a student publication created by student workers of the Wellness Center. If you have any suggestions for future topics or issues please contact the Wellness Center.

-Thanks WOW!
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