



DREAM

Volume 1, Issue 4

Delivering Residents Education and Memories

~ Editor in Chief
Dawnita Smith

~ Copy Editor
Amanda Golub

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Did your New Year's resolutions make this top ten list?

1. Spend More Time with Family & Friends

Make plans to meet up with friends for an evening of camaraderie or take the family out to have some fun. Work shouldn't always come first!

2. Fit in Fitness

Studies show that exercise reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, and even lowers blood pressure. In short, exercise keeps you healthy and makes you look and feel better.

3. Tame the Bulge

Over 66 percent of adult Americans are considered overweight or obese by recent studies, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program.

4. Quit Bad Habits

Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life! If you have decided that you want to stop drinking, there is a world of help and support available.

5. Enjoy Life More

Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you! Just get out and try something new!

6. Reduce Stress Overall

We all have stress sometimes. The best way to deal with it is to take care of the underlying problem. Counseling can help you find ways to relax and calm down.

7. Get Out of Debt

Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead.

8. Learn Something New

Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep.

9. Help Others

Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, there are many non-profit volunteer organizations that could really use your help. Or, if your time is really in short supply, maybe you can at least find it in you to donate the furniture, clothing and other household items that you no longer need, rather than leaving them out by the curb to fill up our landfills.

10. Get Organized

On just about any New Year's resolution top ten list, organization can be a very reasonable goal.

Inside this Issue:

Beating the Winter Blues 2

Residence Hall Cooking 3

RLH Happenings 4

ACCESS FYE 4

"Dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you want to do."

~ Author Unknown

Beating the Winter Blues



What are the Winter Blues?

Those suffering from the Winter Blues fall into a depressed mood each year in the fall and continue to feel depressed throughout the winter and into the early spring, when these feelings disappear.

~Women are affected nearly four times more than men.

~Nearly 25% of all college students across the United States suffer from the Winter Blues.

What Causes the Winter Blues?

Unstable melatonin levels, a hormone produced during sleep, and serotonin, a neurotransmitter responsible for mood, hunger, and sleep, cause the Winter Blues.

What Happens if I Have the Winter Blues?

As the hours of sunlight decrease, sufferers of the Winter Blues experience changes in their mood, energy level, and ability to concentrate. They can change the way a person thinks, reacts, and deals with everyday challenges.

Do You Have the Winter Blues?

If you experience two or more of these symptoms each year in the fall and into the spring you may suffer from the Winter Blues:

- ◇ Increased feelings of lethargy
- ◇ Difficulty waking up in the mornings as the days get shorter
- ◇ Difficulty concentrating and thinking creatively in comparison to the summer months
- ◇ Incorrectly blaming oneself for things that go wrong
- ◇ Difficulty performing tasks that normally seem to be easy/enjoyable
- ◇ Increased craving for carbohydrate-rich food like chocolate and sodas



Unfortunately the climate won't change, but the good news is that more than 85% of people with the Winter Blues can overcome these symptoms with various forms of therapy.

• *Bring more light into your life.*

Literally. The more bright light you're exposed to each morning, the better. If you get up after sunrise, you could go outside or sit by a large window -- even on cloudy days.

• *Aerobic exercise improves mood and has been shown to reduce stress.*

Briskly walking to classes, taking a run, skiing, sledding and having a snowball fight have all been proven to help sufferers of the blues feel better.

What to Eat

Although you may have a craving, avoid junk food and soda. A better strategy is eating larger portions of complex carbohydrates, like wheat pasta and brown rice, and healthy simple carbohydrates like fruits and fruit juices and avoiding unhealthy snacks that cause momentary relief, but ultimately decrease energy.



Sleep Strategies That Help

Many college students tend to go to sleep late and wake up late, which means they are often asleep when the morning sun is up and shining. This sleep-wake schedule limits your exposure to sunlight.

Make an effort to expose yourself to sunlight in the early morning. Take a walk outside or lift the curtain in your room as soon as you rise. Also, try to limit sleep to 8-hour periods on a regular schedule. This will give you more energy during the day and reduce feelings of depression.

Beating the Winter Blues: A practical guide on how to get through the winter. ResLife.net website. <http://www.reslife.net/html/>

Winter Blues: Seasonal Affective Disorder, What it is and how to cure it. Norman Rosenthal. New York: Guilford Press.

Seasonal Mood Disorders. A.J. Lewy and M.C. Blehar. Alameda CA: Hunter House

Residence Hall Cooking

All cooking (including warming) of food in the residence hall room is prohibited for health and safety reasons. The Office of Residence Life & Housing provides microwaves in each residence hall for students to use.

Food-borne illnesses can occur anywhere, but they may be more likely in any situation where proper food handling and storage can be difficult.

Here are some tips for keeping food safe:

- Always take perishable food home quickly after you go grocery shopping. Leaving your groceries in the car while you stop to visit a friend may cause spoiling to start. Perishable foods should not be kept out of the refrigerator for more than two hours.
- If you use a microwave oven, allow extra cooking time to cook food more thoroughly.
- Refrigerate all carry-out food including pizza, fried chicken, and Chinese food as soon after serving as possible.
- Never store food on the window ledge, even if the weather is cold outside. Buildings radiate heat, making window sill the warmer than the outside temperature.
- Always check “care packages” to see if the cans or packages need to be refrigerated after opening. These precautions should lower the risk of food-borne illnesses. For questionable food, the old adage “When in doubt, throw it out,” still holds true.

Tired of ramen noodles and Chanello’s Pizza as a late night snack? Try one of these tasty, easy, “residence hall friendly” recipes!

Chocolate Fudge

12 oz. chocolate chips
1 can condensed milk
2 heaping tbsp. peanut butter

1. Place chips and milk in microwave safe bowl
2. Microwave for 5 minutes
3. Remove from microwave and stir 2 tbsp. peanut butter
4. Spread in pan, cool, and cut

Personal Pizza

1 English muffin
2 slices tomato
Dried basil or oregano
2 slices of mozzarella cheese (or shredded cheese)
Choose own toppings (pepperoni, mushrooms, other veggies, etc.)

1. Split muffin in half and place tomato slice on each half
2. Sprinkle tomato with basil or oregano
3. Top with cheese and other desired toppings
4. Microwave 2-3.5 minutes or until cheese melts

Chili Macaroni

1 box Kraft Macaroni and Cheese
1 can chili
2 tbsp. milk
Bottled (or tap) water

1. Pour macaroni into a microwave-safe bowl and add water until noodles are covered with water
2. Microwave noodles for 6 minutes, stirring with a fork every 2 minutes or so
3. When done, drain any excess water off noodles and add chili. Stir in chili and microwave for one more minute
4. Add packet of cheese to noodle/chili combo and stir
5. Add milk to noodles until creamy

Spartan Housing Handbook, NSU Office of Residence Life & Housing, <http://cms.nsu.edu/residentiallife/studenthandbook.html>

Residence Hall Cooking, Ana Liao, Resident Assistant at Stony Brook University <http://www.reslife.net/html/bboard.html>

BACK to the BASICS

Residence Hall Programming for the Month of January

Tuesday, January 13th - Welcome Back Social - Babbette Smith North Lobby 7 p.m.
 Thursday, January 15th - MLK March - Campus Wide 12 p.m.
 Thursday, January 15th - Welcome Back Social - Mid-Rise Lobby 7 p.m.
 Wednesday, January 21th - Shape Up and Make Up - Lee Smith Lobby 7 p.m.
 Monday, January 26th - Welcome Back Social - Phyllis Wheatley Lobby 7 p.m.
 Tuesday, January 27th - "Let's have a Wii of a Time" - Suites Conference Room 8 p.m.
 Wednesday, January 28th - Back to the Basics - Scott Hall Lobby 5 p.m.

ACCESS/FYE

The Office of First Year Experience offers varied academic support services to assist students with their transition to university life. The first year of college serves as a foundation for undergraduate education. If you find that you are experiencing any of the following issues, visit the Office of First Year Experience, located in the James Bowser Building, Suite 118, for assistance.

STUDENT PROBLEM OR NEED

ACCESS SERVICE

Low Student Test Scores/Course Grades	<ul style="list-style-type: none"> ○ ACCESS provides supplemental instruction for specific courses in which students are experiencing difficulties ○ ACCESS provides tutoring ○ ACCESS has an instructional computer lab that offers various software applications that strengthen skills in physical science, reading, vocabulary, math, communication, writing, foreign language, history, and computers
Poor Study Habits or Skills	<ul style="list-style-type: none"> ○ ACCESS offers Academic Skills Seminars, which are individual workshops that focus on topics such as: time management, developing critical thinking skills, campus resources, study skills, test taking techniques, procrastination, ACCESS academic support services and much more. ○ ACCESS offers a GST 200 Study Skills Seminar
Poor Socialization or Integration Skills	<ul style="list-style-type: none"> ○ ACCESS offers a male and female mentoring program ○ ACCESS also offers intrusive advising
Lack of Goals and/or Direction in choosing a Major	<ul style="list-style-type: none"> ○ ACCESS provides services for undeclared students ○ ACCESS offers Career Exploration (GST 180) ○ ACCESS provides DISCOVER software for career exploration in the instructional computer lab
Inadequate Writing Skills	<ul style="list-style-type: none"> ○ ACCESS offers an essay revision service in the tutorial center ○ ACCESS has instructional computer lab software designed to build language arts and writing skills ○ ACCESS provides and Exit Examination Writing Competency Workshop
Deficient Computer Skills	<ul style="list-style-type: none"> ○ ACCESS has a fully equipped instructional computer lab with state-of-the-art computers and an on-site instructor for additional support
Need to Prepare for Standardized Tests	<ul style="list-style-type: none"> ○ The ACCESS Instructional Computer Lab has various software applications that are designed to prepare users to take the GMAT, LSAT, GRE, MCAT, and Praxis tests