I AM WORTH IT! is still alive and kicking.

Finish up your semester STRONG by keeping fit and enjoying healthy study breaks. The following activities are offered for students, faculty, and staff who wish to take time to take care of themselves:

**YOGA:** Dr. En Mao has agreed to offer another three of her very popular yoga classes. These will be held in the Dance Studio in Shaver Gym from 1 to 2 PM on Wednesdays: April 22, April 29, and May 6.

**EVENING STROLLS:** Dr. Diane Garvey will continue to offer evening strolls every Tuesday, Wednesday, and Thursday at 4:45 PM in front of University Health Services. So come by and enjoy the weather before it gets too hot!

**SELF-DEFENSE:** Dr. Ernest Ellender is offering three one-hour classes that introduce attending students, faculty, and staff to basic self-defense techniques. You can go to any one of them, or all of them if you want the extra practice. Classes will be held in the Dance Studio in Shaver Gym from 4 to 5 PM on Thursdays: April 23, April 30, and May 7.

For more information, e-mail ernest.ellender@nicholls.edu or check out www.nicholls.edu/wellness_education/68.
April is Alcohol Awareness Month, and the Counseling Center would like to provide you with information on responsible alcohol consumption.

At the end of every Anheuser-Busch commercial there is an announcer stating “Please drink responsibly.” But what exactly does that mean? Well, here are a few tips to help you to get the most out of drinking:

First, so that we are all on the same page, “One drink” is defined as:

- 12 oz. of beer
- 4 oz of wine
- 1 ½ oz of liquor

Generally, the rules that you want to follow are:

1. Consuming 1-2 alcoholic drinks per hour will allow you to keep your “buzz.” Drinking at any faster rate, your buzz decreases and depression increases (now that isn’t what you want!)

2. Years of research prove that responsible alcohol consumption can be a part of a healthy lifestyle (we have all heard the benefits of red wine on heart health). The thing is that those “health benefits” start to disappear once consumption goes over about 2 drinks. So, the idea is to enjoy the beverage, and enjoy the health benefits, and that means limiting the number of drinks per sitting to 1 or 2.

3. Binge drinking is defined as 4 or more drinks in a single sitting for women, and 5 or more drinks per sitting for men. (the number of drinks is different for men and women because metabolic factors such as % body fat and estrogen levels). “Drinking Responsibly” means not binging, and not blacking-out. Remember, if you want to keep your buzz, refer to rule #1.

4. The black-out range usually occurs around 6 or more drinks—at that point your risk of accidents and death start to rise dramatically. Additionally, part of having a good time and enjoying yourself includes being able to remember the good time; black-outs don’t allow that.

5. As always, it is good practice to have a designated driver, which, ideally, is someone who is sober, not just the person who is “least drunk.” Difficulties judging capabilities such as driving start to occur at a BAL of .06 or about three alcoholic drinks, or sooner.

6. Remember, “Drinking responsibly” means more than just having a designated driver bring you home when you are passed-out drunk. There is a way to be “responsible” with alcohol and still achieve that highly sought after warm buzz feeling (refer to rule 1) without sleeping on the bathroom floor, hugging the toilet. The goal is to enjoy yourself without the unwanted negative side effects.
In September 2007, Beta Sigma Iota–Order of Invictus, an advocacy group for Nicholls students with disabilities, was reactivated. The mission of BSI is “to provide social, intellectual, and leadership assistance for the well-being of all students with disabilities on campus.”

BSI raises awareness about issues relating to those with disabilities so their peers can understand their daily challenges. We help others to realize that what sometimes may seem like a small task to you is an obstacle for students with disabilities. We strive to educate our Nicholls community so they understand that those with disabilities are not inadequate but are equals, and can accomplish the same goals. However, they may have to use different approaches or methods on their journey.

BSI has joined forces with the Food and Allergy Committee, another Nicholls campus organization. Together we will increase awareness for those who suffer from mild to severe allergies. Both organizations are few in number and would like others to help us give a voice to those who are overshadowed in day-to-day life on campus.

We want our campus community to realize that allergies must be taken seriously because effects can range from a rash to anaphylactic shock, which can be deadly without proper treatment. If you have allergies, or know someone with allergies, we desperately need your help. Let’s join together and assist our fellow students so they, too, can enjoy our campus and their college experience.

We organize fundraisers such as bake sales where profits are generally assigned to one specific cause (e.g., the Myron Wright Foundation in Fall 2007). We also celebrate Disability Awareness Day in October in conjunction with the Office of Disability Services. Our focus is not only to raise awareness by Nicholls students but also by faculty and staff.

If you have any questions, contact us at 985-448-4430, or contact us through Disability Services, located at 100-A Peltier Hall, next to the auditorium.

We welcome all students, faculty, staff, and alumni. We look forward to welcoming you to the Beta Sigma Iota family!

Tips for Surviving Finals Week

Aaah! Finals are coming! With final exams, students have two goals. First, you want to ace the exams, or at least get decent grades and do as well as possible. Second, there’s your sanity; you want to get through exams with a minimum of stress and test anxiety. Fortunately, with the right study skills techniques, you can both manage your stress and do well on the tests. Here are some study skills tips for final exams to help you do well and stay sane.

1. **Time management.** Plan, plan, and plan. Before finals begin, get out your calendar and schedule as much of your finals week as possible. Then stick with the schedule.

2. **Schedule-in study breaks.** Don't plan to study non-stop for the next five days. You'll go insane, and you'll be too fried to do well on the exams. When you write your schedule, include short study breaks to help you recharge. You'll feel so much better and will be able to concentrate so much more.

3. **Schedule-in sleep.** Some people can function well on three hours of sleep a night. Most cannot. You'll do much better during exams if your mental state is good, and sleep is essential for this.

4. **Exercise.** There's no better source for stress relief. Just don't overdo it to the point that you're procrastinating heavily. Go for short, stress-relieving activities, like racquetball or a treadmill run. And don't underestimate the value of a brisk walk.

5. **Prioritize.** You have limited time to study and will have to choose what to spend the most time with. You could spend hours and hours on that math exam because if you do really well, you might be able to pull off a C. Or you can spend hours and hours on a history exam because if you do well, you've got a good shot at an A. It's up to you.

6. **Free your schedule.** As much as possible, eliminate other responsibilities. Work fewer hours. Put off social events. Definitely put off shopping.

7. **Ask your professor for help.** If you're confused about your notes or the readings, go to the resident expert. This works much better if you don't put off studying until the last minute. It's a good idea to read through all of your notes before you start to study, so that you can inquire early about things that confuse you.

8. **Keep things in perspective.** What's the worst thing that can happen if you don't do well on this test? Excessive stress will make you crazy and hurt your performance on tests, so as much as you can, relax. And if you're having serious problems with anxiety during final exams, you can seek help at the Counseling Center. This is a common problem that we are well equipped to help you with. Just give us a call at 985-448-4080 to schedule an appointment.
Mental Health Benefits of Going Green

More and more people in our society are going green or are adopting practices that lead to more environmentally friendly and ecologically responsible decisions and lifestyles. “Going Green” has garnered much attention and publicity over the years because of its healing powers and its benefits for the earth. Not many people may know, but contact with nature can do more than just improve your physical well being, but it can also improve your mental health well being as well. In a study done in 2005, researchers found that joggers who exercise in natural settings feel more restored, less anxious, angry, and depressed than people who burn the same amount of calories in gyms or other built settings.

Natural settings help people to relax, rejuvenate, and renew their minds. Studies have shown that people with access to natural settings have been found to be healthier than individuals who don’t have access to natural settings. Adults who participate in wilderness excursions describe “an increased sense of aliveness, well-being, and energy,” and note that the experience helps them make healthier lifestyle choices afterwards.

The greener a child’s play environment, the better the child functions. Going green has also been shown to benefit children suffering with Attention-Deficit Hyperactivity Disorder (ADHD). A small study conducted at the University of Illinois at Urbana-Champaign looked at how the environment influenced a child’s concentration skills. During 20-minute walks in a park children who normally took medications to control their ADHD symptoms stayed off the drugs completely on the days of the walks. Based on the research “going green” works as well or better than medication on the child’s ability to concentrate.

Going green also has a connection with our in self esteem, interaction with others and the well-being of our environment. In a noteworthy body of research in inner-city housing projects in Chicago, investigators found that the presence of trees outside apartment buildings predicted less procrastination, better coping skills, less violence and better social relationships. The Kashi Web site includes an array of social interactions for individuals such as “Challenge Yourself”. Here users can suggest ways to help each other live better and decrease our harmful impact on the planet. Some of the challenges include “Tour an organic farm,” “Be needy, not greedy,” and “Look for deals...naturally.”

Here are some ways you can inject more green into your schedule:

• Take a walk in local parklands and eat your lunch there
• Spend more time in your garden
• If you don’t have a garden, grow vegetables or flowers on your porch
• Join a hiking club
• Put potted plants in your workspace
• Hang up pictures of nature scenes if you do not have any natural views
• Watch a nature show on television or listen to a nature sound CD

Information for this article has been adapted from: Environews, Ecos, Health Promotion International, Sara Snow’s “Fresh Living,” and Richard Louv’s “Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder”
Ten Ways Nicholls Can Help Prevent Sexual Violence

1. Talk with one another about ways to show respect.
2. Challenge the social norms on campus by supporting a nonexist, nonviolent environment.
3. Create a warm and nonjudgmental environment that encourages dialogue.
4. Infuse violence prevention into curriculum, assignments and research, emphasizing the idea that violence must be viewed as a campus and community issue.
5. Display campus and community resource information in places that all students have access.
6. Model healthy, safe and respectful behaviors, language and attitudes that do not contribute to a culture of violence.
7. Provide an environment that supports survivors who report being a victim of sexual violence.
8. Attend and participate in campus awareness events about violence and other prevention programs.
9. Enforce judicial processes in cases of sexual violence in a fair, sensitive manner.

For more information regarding sexual assault prevention contact the Women’s Resource and Services Office at 448-4470.