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Exercise & College:
The Perfect Couple

Exercise is the perfect complement to college life. College offers students an opportunity to truly find who they are and develop their own values system. Exercise and physical activity help students build self-esteem and self-confidence and feel better about themselves.

The Surgeon General says that to have a healthy body (heart & immune system) one should participate in 30-60 minutes of daily exercise. Teachers say to fully develop the mind one should study for 30-60 minutes daily per course. Which is the priority, mind or body? Make

time for both as you are only going to have one body and one mind forever!

Physical activity does not have to be sweating and grunting. It can be walking up the stairs instead of taking the elevator. Instead of sitting in a study group, walk and talk while reading note cards to each other. Anytime you have an extra 5-10 minutes, just get up and move! Go for a 10-minute walk in the morning, at lunch, or in the evening. Maybe you start with a 10-minute walk and build up to doing 20-30 minutes, or maybe you can incorporate three 10-minute walks. Any-

thing you can do is better than doing nothing!

If you need extra motivation, come to the Health Kinesiology Center (HKC), take an aerobics class, work out in the weight room, or walk on the track. Need more help getting started? Get a personal trainer - someone who can show you what to do and help motivate you!

—Tina DeAses, Assistant Director—Wellness, Recreational Sports,
rca_cnh@shsu.edu

American Heart Month

February 7—10: Healthy Heart Week

Look for the display and interactive activities in the LSC Mall Area.



February 22: Zonya Foco (Rd, CSP): "Fad Diets, Pills & Potions: Do They Work and Are They Healthy?"

Zonya will be in the LSC Theatre from 2-3:30 p.m. This is free and open to all SHSU faculty, staff, and students. Zonya has made numerous television appearances, and her information has been publicized in *Prevention*, *Men's Health*, and many other health & wellness magazines.

February 23: Midnight Mayhem

Join the Recreational Sports staff for a fun night full of activities. Activities include Texas Hold 'Em, 3-on-3 Basketball, and Dodgeball tournaments! There will also be joust, mechanical bull, slam ball and speed throw inflatables. The night also includes massages, games, prizes, T-shirts, food, "mocktails", and the opportunity for a \$500 half-court basketball shot. The night has proven to be tons of fun and is a great opportunity to see 1,000 of your closest SHSU friends.

No-Cook Recipes for Residence Hall Living

Southwest Chicken & Rice Soup

1 can condensed chicken and rice
soup
1/4 cup salsa
2 tablespoons shredded cheddar
cheese

Heat the soup as directed on label
with one soup can of water in the
microwave in the lobby. Stir in 1/4
cup salsa. Top each serving with
cheddar cheese.

Cheese Quesadillas

1 flour tortilla
1 American cheese slice

Place 1 tortilla on a microwavable
plate. Place cheese slice on half of
tortilla. Fold tortilla in half to
cover the cheese. Cover the plate.
Microwave (in the lobby) on high
20-30 seconds or until the cheese
slice begins to melt. Serve with
sour cream and salsa.

Study Skills Workshop Series

Two Series of Six One-Hour Study Skills Sessions

Multiple Sessions Daily

Series 1—Begins January 31– March 7

Series 2—Begins March 21–April 25



Session 1—Study Smart

Session 2—Procrastination

Session 3—Time Management

Session 4—Reading Textbooks &

Note Taking

Session 5—Test Taking Strategies

Session 6—Stress Management

Call 936.294.444 to Register

or

Drop by the SAM Center, AB4 Room 210

Dates to Know



February 2-6

Black History Samsonian, 11 am-2 pm, LSC Art Gallery

February 2 & 3

Texas Hold 'Em Tournament, 5 pm, The Kat Klub in the LSC

February 3

Faculty Woodwind Quintet, 7:30 pm, Recital Hall

February 10

Women's Basketball, 5:15 pm, Coliseum

Men's Basketball, 7:30 pm, Coliseum

February 11-12

Club Sports Open—All club sports will have home games this weekend. Contact Rec Sports for more information.

February 15

Distinguished Lecture Series featuring James Bradley, 11 am-noon, LSC Ballroom

Society of Success & Leadership featuring Jack Canfield, 6 pm, AB1 213

February 16-17

Texas Hold 'Em Tournament, 5 pm, The Kat Klub in the LSC

February 16-19

Halcyon Days, 8 pm each day and 2 pm on Saturday, Showcase Theatre in the University Theatre Center

February 17

Women's Basketball, 5:15 pm, Coliseum

Men's Basketball, 7:30 pm, Coliseum

February 19

Women's Basketball, 4 pm, Coliseum

Men's Basketball, 7 pm, Coliseum

February 23

8-Ball Pool Tournament, 5 pm, The Kat Klub in the LSC

Rec Sport's Midnight Mayhem, 7 pm-midnight, HKC

For more calendar information, please see the [Academic Calendar](#), the [Student Services Calendar](#), or the [SAM Center Calendar](#).

Pressure, Pressure, Pressure

Each month Frequently Asked Questions from first-year students and their parents are featured in this column. Please email questions to fye@shsu.edu. We will publish as many questions and answers as possible in the next issue of *In the Know*.

Q: Why am I feeling so pressured this semester?

A: I'm not exactly sure what you mean by pressure, but that could mean in classes, financially, or in relationships. This time of the year is hard for many students because they are readjusting after being away from the classes, homework, projects and exams. Some students feel even more pressure because they didn't do as well academically in the fall semester as they had wished. Couples also experience transitions in their relationships. Some students may feel financial pressure because they are trying to plan for spring break trips. You are not the only one feeling

pressured at this time of the year. If you feel you need to talk to someone, the [Counseling Center](#) has trained professionals to help you. Just call 294.1720 to schedule an appointment.

Q: I can't seem to get motivated to do anything this semester. I've heard that exercising helps to increase energy, but treadmills are so boring. Do you have any suggestions about fun things to do to get active?

A: Sure! [Recreational Sports](#) has lots of fun ways to be more active this semester. If you enjoy the traditional workout setting, the HKC has a track, stationary cardio machines, and a weight room. For a small fee you can even have a personal trainer to help you find a workout that is ideal for your fitness level. If you enjoy being led by an instructor, there are group classes offered throughout the semester. You can join an Intramural Sports team if you prefer playing sports like flag football, basketball, volleyball, soccer, soft-

ball, tennis, etc. If you enjoy these sports, but would rather plan an informal game with friends, you can rent equipment from the Equipment Checkout office. It will start warming up outside soon, and if you are the adventurous type, you can sign up for an outdoor trip with Outdoor Recreation. They've been rock climbing, canoeing, camping, hiking, and even snow skiing. They also offer equipment rental if you want to take a trip with friends. Rec Sports also sponsors special events throughout the semester, so be on the lookout for these fun activities. As you can see, there are so many ways to get active that you'll never be bored!

FAQS



first year experience

Dr. Keri Rogers
Director, First-Year Experience &
Associate Dean
Sam Houston State University
Lee Drain Building, Suite 200
Box 2209
Huntsville, TX 77341
Phone: 936.294.3422
Fax: 936.294.1598
kr Rogers@shsu.edu

We're on the web!
www.shsu.edu/fye

Writing Center

Monday-Thursday: 8 am-7 pm
Friday: 8 am-3 pm
Sunday: 2-7 pm
Wilson 114
936.294.3680
wctr@shsu.edu
www.shsu.edu/~wctr

Reading Center

Monday-Thursday: 8 am-7 pm
Friday: 8 am-3 pm
Sunday: 1-4:30 pm
Wilson 111
936.294.3114
rdg_www@shsu.edu
www.shsu.edu/~rdg_www

Math Help Lab

Monday-Thursday: 8 am-5 pm
Friday: 8 am-2 pm
Lee Drain Building 201
936.294.1564
www.shsu.edu/~mth_www/helphours.htm

Did You Know?

937.5 million

Dollars Americans
spent on
Valentine's Day
cards in 2002.

ECONOMICS

Mick Jagger's major at
the London School of
Economics.

1,244,000

Number of bachelor's degrees
conferred in the US in 2000-
01. 266,000 were in
business. 128,000 in social
sciences and 106,000 in
education.

2.3 million

Cost of electricity
supplied to SHSU in
2002.

4

Rank of Valentine's Day in
candy sales after Halloween,
Easter, and Thanksgiving.