



FIRST-YEAR FORUM



February 2012, Volume 9, Issue 3
The newsletter for First Year Students, published by the Office of First Year Experience

Welcome Back!

We hope you had a safe and wonderful winter break! Now it's back to getting focused and having a successful spring semester.

The Office of First Year Experience is here to help you navigate through your first year of college. We offer the following programs and services:

- First Year Seminar
- Academic Advising for Undecided Students
- Learning Communities

If you have any questions about these programs or if we can contribute to your success in any way let us know. Contact the Office of First Year Experience at 507-389-5498 or drop by 10 Gage Community.

REMINDER!

To remain in good academic standing you must achieve at least a 2.0 MSU GPA and a cumulative credit completion rate of 67%.

In this issue...

- Spring Break Safety
- Important Dates
- FYE 100- Academic Success Section
- Financial Aid
- Staying Healthy!
- Study Tips
- Academic Difficulties
- IMPACT
- Stay Active!

Spring Break Safety

- **Wear sunscreen.** Make sure it has an SPF of at least 15 and reapply it often, especially after swimming or when outdoors for a long period of time. Also, check with your doctor about any medications you may be taking. Some medications make your skin more sensitive to the sun.
- **Wear protective gear.** Sunscreen is not the only protection you need from the sun. Don't forget about things like sunglasses, hats, and lip balm.
- **Stay hydrated.** Be sure to be drinking a lot of water. Keep a water bottle with you at all times especially when doing activities outdoors.
- **Be safe at your hotel and while traveling.** Make sure you always lock your hotel room door and check the peephole before letting anyone in. Be sure not to leave money or valuables in your room. Also, when going any where make sure you take someone with you.
- **Don't carry a large amount of cash.** Keep the cash you keep on you to a minimum and avoid pulling out large sums of cash at one time.

- Courtesy of About.com and IUPUI

Important Dates for Spring

- Mar. 3-11: Spring Break
- Mar. 14: 2012 Summer Registration Opens
- Apr. 6: Deadline to Withdraw From Individual Full- Term Courses
- Apr. 9: 2012 Fall Registration Begins
- Apr. 20: Deadline to Withdraw From All Full-Term Courses
- Apr. 30-May 4: Final Exams
- May 5: Spring Semester Commencement

Financial Aid

It's that time again!

Remember to fill out your FAFSA. The priority deadline is March 15, 2012. To complete the FAFSA go to <http://www.fafsa.ed.gov/>.

For more information regarding how to apply for financial aid or any other questions contact the Financial Aid Office in the CSU.

FYE 100- Academic Success Section

There will be an **FYE 100** section this spring for students who are struggling academically and are currently on academic warning.

Consider joining this section to help you achieve academic success.

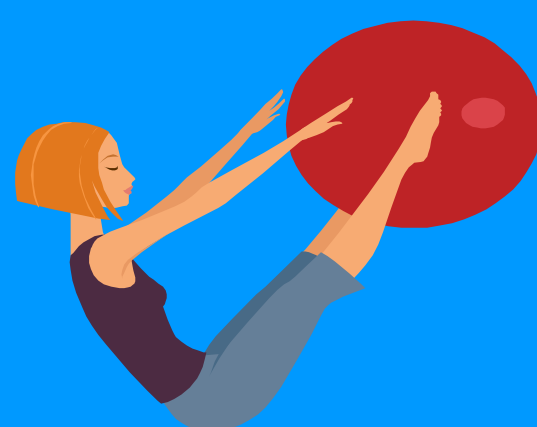
The first class starts on **February 1, 2012** and you have until this day to register! Call 507-389-5498 to get permission.

Staying Healthy!

Here are some handy tips from WebMD:

- **Wash your hands.** Most cold and flu viruses are spread by direct contact. Someone who has the flu sneezes onto their hand, and then touches the keyboard, a kitchen glass. The germs can live for hours -- in some cases weeks -- only to be picked up by the next person who touches the same object. So wash your hands often. If no sink is available, rub your hands together very hard for a minute or so. That helps break up most of the cold germs. Or rub an alcohol-based hand sanitizer onto your hands.
- **Don't cover your sneezes and coughs with your hands.** Because germs and viruses cling to your bare hands, muffling coughs and sneezes with your hands results in passing along your germs to others. When you feel a sneeze or cough coming, use a tissue, then throw it away immediately.
- **Don't touch your face.** Cold and flu viruses enter your body through the eyes, nose, or mouth.
- **Drink plenty of fluids.** Water flushes your system, washing out the poisons as it rehydrates you. A typical, healthy adult needs eight 8-ounce glasses of fluids each day.
- **Get fresh air.** A regular dose of fresh air is important, especially in cold weather when central heating dries you out and makes your body more vulnerable to cold and flu viruses.
- **Do aerobic exercise regularly.** Aerobic exercise speeds up the heart to pump larger quantities of blood; makes you breathe faster to help transfer oxygen from your lungs to your blood; and makes you sweat once your body heats up. These exercises help increase the body's natural virus-killing cells.

- **Eat foods containing phytochemicals.** "Phyto" means plants, and the natural chemicals in plants give the vitamins in food a supercharged boost. So eat dark green, red, and yellow vegetables and fruits.
- **Eat yogurt.** Some studies have shown that eating a daily cup of low-fat yogurt can reduce your susceptibility to colds by 25 percent. Researchers think the beneficial bacteria in yogurt may stimulate production of immune system substances that fight disease.
- **Don't smoke.** Statistics show that heavy smokers get more severe colds and more frequent ones. Even being around smoke profoundly zaps the immune system.
- **Relax.** If you can teach yourself to relax, you can activate your immune system on demand. There's evidence that when you put your relaxation skills into action, your interleukins -- leaders in the immune system response against cold and flu viruses -- increase in the bloodstream.



STUDY TIPS

TAKE GOOD NOTES. Make sure you are taking notes in each of your classes. Keep your notes for each class separate so you do not get them confused. Also, if the professor writes something on the board in class, make sure you take note of it as well. If they took the time to write it, it is probably important! In addition, do not just take your notes and never look at them again. Review your notes after each class period and before the next. Research has shown that doing so helps you to better retain the information. Also, be sure to also take notes on the assigned readings and do so in a way that will assist you in studying for the exam whether that is highlighting important information or creating an outline.

BE ENGAGED IN CLASS. It is easy to sit in class and simply go through the motions. However, if you participate by getting involved in discussions and asking questions, chances are the class will be more interesting and you will learn more. Also, if you are having a hard time keeping up with the professor or understanding the material, speak up. Not resolving the issue will only make things more difficult.

-Courtesy of www.cod.edu

KEEP UP ON YOUR READING. Many times instructors will not cover material in the textbook during class. Therefore, you could be putting yourself in jeopardy during exam time if you are not keeping up on your reading. Make sure you schedule time out each week to complete your reading for the class. By doing this you will keep your reading assignments down to a minimum and will not be overwhelmed with reading everything the night before the exam.

STUDY FOR EXAMS EARLY. Do not make the mistake of only starting to study the night before an exam. Chances are you will not end up with the grade you want. Make sure you give yourself plenty of time to prepare for your exam and study the material. Do not rely on cramming and avoid doing so before exams. It is much more important to feel rested and focused, than it is to absorb those last few pieces of information.



Academic Difficulties?

If you are facing academic challenges this semester check out these on-campus resources for extra support!

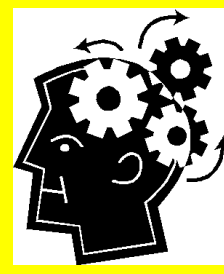
Center for Academic Success



Memorial Library 125
507-389-1791



Counseling Center



Centennial Student Union 245
507-389-1455



IMPACT

Have you been looking for a way to get involved on campus?

Join IMPACT!

IMPACT is a Student Programming Board that plans different events on campus for students including speakers, films, concerts, and more!

You can join a committee simply by attending a committee meeting or sending an e-mail to the committee chair.

PLUS there is no specified time commitment. IMPACT is very flexible in that you can devote as much time as you would like.

For more information visit the IMPACT website!
<http://www.mnsu.edu/activities/impact/>

Stay Active!



- Feb 1st: Step to it with Kristin 3:00-3:55pm
- Feb 2nd: Power Hour with Scott 5:00-5:55pm
- Feb 5th: Campus Recreation Indoor Duathlon 9:00am
- Feb 27th: Yoga with Heather 6:00-6:55pm
- Feb 28th: Kickboxing with Kesley 7:00-7:55pm
- Feb 29th: ACCUMULATOR 4:00-4:45pm
- March 1st: Power Hour with Scott 5:00-5:55pm
- March 26th: Water Fitness with Heather 7:00-7:55pm

For more information and events visit
<http://www.mnsu.edu/calendar/events/>