**International Boost Self Esteem Month**

1) Think back to when you did something new for the first time.
Learning something new is often accompanied by feelings of nervousness, lack of self belief and high stress levels, all of which are necessary parts of the learning process.

2) Do something you have been putting off: Like writing or calling a friend, cleaning the house, tiding the garden, fixing the car, organizing the bills, making a tasty and healthy meal - anything that involved you making a decision, then following through!

3) Do something you are good at: Examples? How about swimming, running, dancing, cooking, gardening, climbing, painting, writing…….

4) Stop thinking about yourself!
I know this sounds strange, but low self esteem is often accompanied by too much focus on the self. Doing something that absorbs you and holds your attention can quickly make you feel better.

5) Get seriously relaxed.
If you are feeling low, anxious or lacking in confidence, the first thing to do is to stop thinking and relax properly. Some people do this by exercising, others by involving themselves in something that occupies their mind.

6) Remember all the things you have achieved.
This can be difficult at first, but after a while, you'll develop a handy mental list of self esteem boosting memories. And if you're thinking "But I've never achieved anything", I'm not talking about climbing Everest here.

7) Remember that you could be wrong!
If you are feeling bad about yourself, remember that you way you feel affects your thoughts, memory and behavior. So when you feel bad, you will only remember the bad times, and will tend to be pessimistic about yourself. This is where the tip 'Get Seriously Relaxed' comes in.

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**Thinking about studying abroad?**

**I want to study abroad. Where / how do I start?**
There are a number of places to start.
- Speak first with your academic advisor to learn about special considerations for your major
- Research programs on the Kearney International Center website ([www.mnsu.edu/studyabroad](http://www.mnsu.edu/studyabroad))
- Stop in our office (CSU 250) and talk with a study abroad advisor to learn about your many options

**When can I study abroad?**
Once you have achieved sophomore status (30 credits) you are eligible to study abroad. If you want to go on a faculty-led program, freshmen may participate with the professor's permission. Typically, you must have a cumulative GPA of 2.5 (higher for some programs) to be considered. You may study abroad for either Fall or Spring semester or consider going for the full academic year. Summer is becoming a popular option for your international experience!

**Can I use my financial aid for study abroad?**
Absolutely! Since you are going for an academic experience, most costs qualify for financial aid, including passport, visa, international airfare, and other mandatory expenses. During the application process, we will create a new budget covering your program dates and you can adjust your financial aid package with Student Financial Services. Advanced planning helps this process go smoothly. The first step is to complete your [FAFSA application](http://www.mnsu.edu/studyabroad), which determines the mix of grants and loans for which you qualify. You must register for the equivalent of 12 credits during the semester and 6 credits during the summer to qualify for aid.

For more information contact the International Programs Office at 507-389-1281 or stop in CSU 250.

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5 Heart Healthy Tips

1. Limit unhealthy fats and cholesterol:
   Of the possible changes, limiting how much saturated and trans fats you eat is the most important step you can take to reduce your blood cholesterol and lower your risk of coronary artery disease.

2. Choose low-fat protein sources:
   Lean meat, poultry and fish, low-fat dairy products, and egg whites or egg substitutes are some of your best sources of protein. But be careful to choose lower fat options, such as skim milk rather than whole milk and skinless chicken breasts rather than fried chicken patties.

3. Eat more vegetables and fruits:
   Vegetables and fruits are good sources of vitamins and minerals; they are low in calories and rich in dietary fiber. Vegetables and fruits also contain substances found in plants that may help prevent cardiovascular disease. Eating more fruits and vegetables may help you eat less high-fat foods, such as meat, cheese and snack foods.

4. Select whole grains:
   Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. You can increase the amount of whole grains in a heart-healthy diet by making simple substitutions for refined grain products.

5. Reduce the sodium in your food:
   Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. Reducing sodium is an important part of a heart-healthy diet.

“I have a simple philosophy: Fill what's empty. Empty what's full. Scratch where it itches.”
-Alice Roosevelt Longworth

Leadership Series

Leadership seems to be one of the many buzz words in Higher Education today and as we move through our education, we may even learn of a leadership theory or two. The problem is that for many of us when we hear the word LEADERSHIP our knee-jerk reaction is to run in the opposite direction. A fight or flight response if you will, flight being the road most traveled. Often I have found myself wondering why we have this reaction. The conclusion I have settled on at this point is that we hear leadership and immediately our minds bring up prominent figures in society: Politicians, CEO’s of companies, Top Sales Executives, etc. Many times we assume these types of people have hidden motives and agendas, and “put on a show” in order to coerce others into following their agenda. As a result, leadership has become synonymous with fake, inauthentic, and non-transparent, all characteristics that appear to hinder trust and willingness to follow. It would seem then that we expect the opposite characteristics of genuineness, integrity, and transparency in those who lead. If you wish to build and grow these characteristics in yourself, please join us for the Spring Series: Challenges of Leadership.

See Events Calendar on page 4 for upcoming dates!

Fun Factoids for February

- In 2004, a lab at a university in Texas received a $6 million federal grant to breed radioactive armadillos for possible use in warfare.
- Edgar Allan Poe was a volunteer firefighter.
- The first hair dryer was powered by diesel fuel.
- Reptiles are unable to experience dizziness.
- The five-dollar bill is slightly heavier than every other denomination of paper U.S. currency.
- Fred Rogers, better known as Mister Rogers, wore sweaters to conceal extensive forearm tattoos commemorating his short stint as a Merchant Marine.
- An ounce of pickled ginger can temporarily raise your IQ by as many as 10 points
- Gelatin cubes resonate to the key of C
Recipe Corner: Walnut Brittle

Ingredients
- Cooking spray
- 1 cup sugar
- 1 cup light-colored corn syrup
- 1/2 cup water
- 1 tablespoon butter
- 1 1/2 cups coarsely chopped walnuts
- 1 1/2 teaspoons baking soda
- 1 teaspoon vanilla extract

Preparation
1.) Line a jelly-roll pan with parchment paper, and coat paper lightly with cooking spray.

2.) Combine sugar, light-colored corn syrup, 1/2 cup water, and butter in a heavy saucepan. Cook over medium heat, stirring until sugar dissolves. Cook 20 minutes or until a candy thermometer registers 275°.

3.) Stir in walnuts; cook 2 minutes or until candy thermometer registers 295°, stirring constantly.

4.) Remove from heat; stir in baking soda and vanilla (mixture will bubble).

5.) Quickly pour mixture onto prepared pan; spread to 1/4-inch thickness using a wooden spoon coated with cooking spray.

6.) Cool completely; using a wooden spoon, break brittle into bite-sized pieces.

Culture Days
Every Wednesday during the lunch hour the Nontraditional Student Center will be partnering with registered student organizations and offices across campus to present on different cultural topics.

Nontraditional students will also have the opportunity to present topics related to their interests to the public. Spaces are still available for presenting but they are going fast!

Dance Marathon
Dance Marathon is an event held at the end of a fundraising season with all proceeds benefiting the Children's Miracle Network and more specifically, Gillette Children's Specialty Healthcare in St. Paul, MN. In 2011, Dance Marathon was able to raise about $9000 for the hospital and bring in a crowd of at least 150 participants.

The patients and their families that were in attendance thoroughly enjoyed themselves and appreciated the opportunity to support the hospital that has helped them so much. The families also shared that they enjoyed the interaction of our great students with their children. This event allowed our Greek community, our university community and our community at large to shine and really show these families that we support them.

We look forward to the 2012 Dance Marathon which will take place on February 4th, 2012.

To register please visit [http://www.helpmakemiracles.org/event/mankato](http://www.helpmakemiracles.org/event/mankato) or contact Ashley Portra for more information at [Ashley.portra@mnsu.edu](mailto:Ashley.portra@mnsu.edu)

“Even if you fall on your face, you're still moving forward.”
-Victor Kiam
February 6: Female Orgasm. CSU Ballroom at 7 pm.

February 7: Time to vote! Today is Precinct Caucuses! Get out and vote! (to find your voting location please visit http://pollfinder.sos.state.mn.us/)

February 8: Summer Job Fair! CSU Ballroom from 8 am to 4 pm. If you are looking for a job or internship opportunity for the summer this is the place to be!

February 14: Upward Bound Blood Drive! One blood donation can help save up to 3 lives. Only 8% of the eligible US population donates blood. Help save a life!

February 15: Heart Healthy Day! A presentation will take place in CSU 191 (near the nontraditional student center) and cover the topic of heart healthy habits. Free snacks!

February 21: Leadership Series– Values: What’s in your bucket? RSVP to Imad.Mohamed@mnsu.edu

February 25: Mavericks After Dark from 8 pm to 11pm. Disney theme! Contact Ashley.strom@mnsu.edu for more information.

February 29: Flying Foot Dance Company Visit. Ted Paul Theater at 7:30 pm.

STOMPERS CINEMA

Breaking Dawn (Rated PG-13): February 1st-4th

Show Times:

Wednesday/Thursday: 7:00PM and 9:30PM

Friday/Saturday: 7:00PM

For updated movie information visit: http://www.mnsu.edu/activities/impact/films.html

Upcoming Events!

February 3: MSU, Mankato's Dental Clinic will be hosting a free clinic for children ages 3-17 on Friday, Feb. 3. Area dental professionals will provide cleanings, x-rays, exams, fluoride treatments, and sealants, etc.

February 4: Dance Marathon is a student-run organization at MSU, Mankato and is a nationwide movement involving over 150 colleges and high schools across the country. We ask members of our community to join us in the celebration of our efforts and these brave children. The second annual Dance Marathon will take place on Saturday, February 4th, from 6:00 PM-Midnight on the MSU, Mankato campus. Yes, this is a six hour event wrapping up a yearlong fundraising effort and this year we want to go out with a huge bang!

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