



From the Eagle's Beak

Volume 1, Issue 3

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**Benedictine University
Student Health Services
and Counseling Center
Krasa 116
M-F: 9a.m - 4:30 p.m.**

Sleep and Preparation are Necessary for Success

Yikes! Final Exam Time

Take advantage of the stress buster programs that Student Health Services is offering before and during final exam week.

Free Massages will be offered on May 6 in Krasa A, 11 a.m. - 1 p.m. and on May 7 in Kindlon 145, 11 a.m. - 1 p.m. This service is provided courtesy of Student Health Services and Student Activities.

Check out the Stress OUT Zone in the Ministry Center. The Stress OUT Zone will be open M-F 10 a.m. - 3:30 p.m. HoMEDIC™ massage equipment will be set up for your comfort, as well as aromatherapy and puzzles to promote relaxation, and light refreshment to sustain you.

Special points of interest:

- * Be prepared for final exams
- * Stress Busters
- * Sleep
- * Summer Beware

Sleep and organizing your study plan are key elements to performing well. These factors are especially important during final exam preparation time.

Gather your note cards, lecture notes, and outlines. Keep review packets and syllabi handy. Reach out to join study groups and review sessions. Remember to take breaks when studying. A good rule of thumb is for every 30 minutes of study, take a 3 minute break. Return from break and take 2 minutes to review the previous material and preview the next material. The rule is called 30-3-2.

Sleep is another important component in preparing for

final exams. An average college-aged student needs 7-9 hours of sleep per night. Sleep is important for memory retention, creating new pathways to store and retrieve learned information. Sleep is, also, necessary to keep the immune system healthy and emotions under control. If you are well-rested, you may not feel quite as frazzled during final exam week.

Schedule bedtime just as you schedule study sessions.

Nutrition is the final element when organizing your study plan. Eat regularly. You may find that smaller, frequent, healthy meals are more satisfying than three larger traditional meals. Include fruits, vegetables, and high energy snacks such as almonds, trail mix, raisins, yogurt, and cheese.

Drink 8-10 glasses of water per day. Avoid alcoholic beverages and highly caffeinated beverages such as

“energy drinks” and double shot espressos.

SLEEP

Every Night Not during the Exam!

- * Schedule sleep into your study plan
- * Your brain needs to refresh

Summer Sun: Beware

Are you desperate for the warmth of summer and that golden sun-kissed look? Join the club! Sunshine can lift your mood and energize you. But beware, too much sun exposure poses possible risks such as damage to your,

eyes and skin.

The UV rays from the sun can damage the eyes and lead to cataracts and macular degeneration. Wear sun glasses with UV protection. Make sure they fit close to the face and wrap around the sides of your head. There also is special UV contacts that will block the harmful UV rays, how-

ever, they do not replace the need for sunglasses.

Limit the amount of time you are in the sun between the hours of 10 a.m. and 4 p.m. Use a sunscreen with a SPF of 30 or higher and apply 30 min. before going out. Reapply every 2-3 hours and after swimming or sweating.