



From the Eagle's Beak

Volume 2, Issue 5

May 2009

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



Energize for Exams

- High-intensity work out for 10 or 20 minutes. Skip rope, run up and down stairs, go for a brisk walk.
- Power nap for 5 minutes.
- Grab an apple for a refreshing snack.
- Eat your big meal at noon time and have a lighter meal in the evening.
- Get some sun. Set a time limit though so you keep to your study schedule.

Back the Bank: Filling the Summer Coiffers

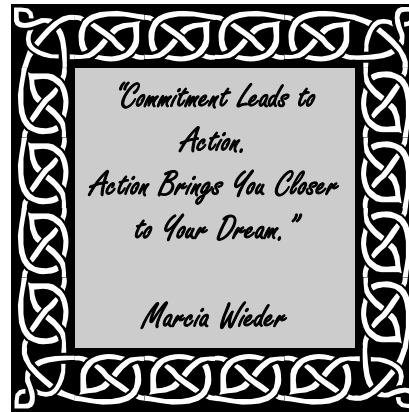
Summer is no time to take off and rest. In the current economy, it is most essential to put your time to good use and work. Work and save as much as you can.

Anticipate your budget for Fall09/Spring2010. Look at what is available to you in terms of scholarships, loans, and grants. How much will you be able to earn during the school term? What are your expenses for the fall and spring terms? Subtract your expenses from your income and hopefully, you will have a positive balance (money left over). If not, it is time to take a second look at your budget and see where you can tweak it.

Be sure to meet with the financial aid counselors at Benedictine for further assistance. The Financial Aid Office is located in the lower level of Lownik.

the balance in full and on time in order to avoid late fees and finance charges.

Another step to take towards fiscal responsibility: Establish a budget and stick to it. Not only determine what you need to spend, but, also include what you will save. Your savings may not seem like a lot at first but after a time, it will grow and you will become disciplined in not spending ALL of your income.



Manage your debt by limiting credit card purchases. Make every attempt to pay

Special Points of Interest

- * Free 10-minute massages 11 AM—1PM, Tues., May 5 in Krasa A, and Wed., May 6 in KN124
- * Stress OUT Zone, Campus Ministry Conference Room, Krasa Center, 9 AM—3:30 PM, Tuesday—Friday.

FAMILY HEALTH HISTORY

Family health history is the important medical information regarding you and your close relatives. It is one of the important components in determining risk for health problems such as heart disease, diabetes, cancer, and genetic health problems.

Obtain your history by talking with family members about health conditions affecting parents, siblings, grandparents, aunts, uncles, nieces and nephews. Record the information, organize it, and continue to keep it updated.

While you may not be able to change your genetic make up, you can minimize your risk by changing eating and activity habits. For more information on how to create your family health history tree, visit: www.https://familyhistory.hhs.gov/

My Family Health History: brochure Illinois department of Public Health.