

CAAR Newsletter



What's Going On?

Language Placement Exam	Friday, November 4	3:00-4:00pm	SBET 139
Last day to Withdraw, File Pass/NC, Make up incomplete from Spring	Friday, November 4	Before 5pm	Registrar
Advance registration begins for Spring 2011	Friday, November 4	Assigned Time	On WebAdvisor
Education Planning Workshop	Monday, November 7	10am-11am	SBET113
Stress Management Workshop	Wednesday, November 16	1:30pm-4:30pm	SBET113

Benefits of a Study Group

Improve Your Notes!

There's a chance you may have missed something during a lecture.
Use a group to fill in the gaps!

Share Your Talents!

Learn from each other.

Use Your Support System

Surrounding yourself with others going through similar experiences in a course can help motivate you.

Cover More Material

Maximize the study time by assigning topics.
More people, more material!

Tips on Money Management

- Don't get a credit card UNLESS you really *NEED* one.
- Save and **then** splurge. If you really want something then save money until you can pay cash.
- Make a budget!!
- Track your spending.

Source: www.getrichslowly.org/blog/2006/08/30/27-money-tips-for-college-students/

What's Keeping You Up At Night?

Sleep is regulated by two brain processes: the first is the restorative process which occurs naturally in response to how long we have been awake: the second is the drive to sleep, which is a process that controls the timing of sleepiness and wakefulness that we experience on a daily basis.

Did you know...

In general, adults require 7.59 hours of sleep per day.
People who are sleep deprived function at only a 20% efficiency level.

Tips for a Better Night's Sleep:

- **Sleep Schedule:** Follow the same sleep schedule every night. Go to sleep and wake up at the same time each day- even on the weekends. Keeping a regular sleep schedule is the best way to maintain the body's natural sleep cycle.
- **Routine:** Establish a bedtime routine, such as taking a warm shower.
- **Environment:** Create a sleep conducive environment that is quiet, dark, cool, and comfortable.
- **Bedroom Activities:** Avoid reading, watching TV, or using laptop computers while in bed, because it can inhibit sleep.
- **Noise:** If you are easily awakened by noise (or having noisy roommates) invest in a pair of earplugs (you'll get used to them), or run a fan or humidifier to drown out the noise. If the phone rings in your bedroom, turn off the ringer.
- **Restlessness:** If you can't get sleep for over 30 minutes, get out of bed and do something boring, and in dim light, until you are sleepy.
- **Caffeine:** Limit caffeine to less than three cups a day (e.g. coffee, tea, soda, and chocolate). Avoid caffeine and other stimulants after 3:00 PM.
- **Alcohol:** Although it may help you to get to sleep (alcohol is a depressant after all) alcoholic beverages will disrupt your sleep's normal restorative process and cause you to wake up throughout the night.
- **Exercise:** Exercise regularly, preferably in the morning. If you do exercise in the evening, complete your workout 3 hours before bedtime.

For more Information and Daily Wellness Tips:

Check out our website: www.callutheran.edu/wellness

Friend us on facebook: www.facebook.com/CLUWellness

Follow us on Twitter: www.twitter.com/CLUWellness



Disability Awareness Week (DAW)

October 17-21, 2011

Here are some of the highlights from the week:

- The Centrum Food Challenge
- 44 fleece blankets to give to Joni and Friends
- Over 100 people attended the comedy show with Mike Guido
- Hundreds were made aware of hidden and visible disabilities

CAAR

Pederson Admin Building

8:30am-5pm

Monday-Friday

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