

CAAR Newsletter



What's Going On?

Stress Management	Wednesday, November 16	1:30-4:30pm	Alumni 113
Test Taking	Monday, November 28	10am-11am	Alumni 113
Advance Registration Ends for Spring 2012	Friday, November 18		
Thanksgiving Holiday Begins (no classes)	Wednesday, November 23	7:30am	
Classes resume	Monday, November 28	7:30am	

Food For Thought

- ♥ Being fit and healthy is not dependent upon the pant size you wear or how big your muscles are—it's about taking care of yourself and giving your body what it needs.
- ♥ Your body will lose more weight and find balance more easily if you give what it needs—make sure to get the proper amount of vegetables and grains into your daily diet! It's all about BALANCE.
- ♥ Plan a workout routine that works for YOU. Don't compare what you can do or what your expectations are for yourself to other people.
- ♥ Be realistic in goals you set for workouts and weight loss—by setting realistic goals you can reach mini milestones which will be an extra push to keep going in your routine.

Source: www.calloutheran.edu/wellness



How to:

Get Along With Your Roommates

- **Communicate!** Discuss pet peeves, expectations as roommates, schedules, etc.
- **Accept that others will live differently from you** Don't sweat the small stuff and choose your battles carefully.
- Learn to **tolerate** some things but address the things that truly **bother** you. Resolve the problem together as soon as possible.
- **Get to know each other and appreciate your differences.** You don't need to hang out all the time, but spending some quality time together will help maintain a **pleasant environment**.

Source: <http://college.lifetips.com/cat/59029/dorms-campus-life/index.html>

Tackling Procrastination

- ◇ Control your study environment—limit distractions, pick a place, and know your best time of the day!
- ◇ Make a TO DO list
- ◇ Reward yourself
 - ◆ Eg: Once I finish this reading I can go for ice cream
- ◇ Divide and Conquer– Break larger tasks into smaller ones
- ◇ Use a PLANNER—time management is a key
- ◇ When you finish one assignment, start another; then you will be ahead when you sit down to study again.
- ◇ Carry flashcards, notes and other materials with you to make better use of your time
- ◇ Multitask— Often!
 - ◆ Eg: Combine reviewing terms and eat lunch

Accessibility Resource Program (ARP)

We have a new addition to the office. Vyanna, a yellow lab, is serving as a guide dog for Wendy Perkins the coordinator for ARP. Vyanna will be relaxing with her bone in Wendy's office every day! Remember that there are some crucial rules about guide dogs=

- * You must first receive permission from the guide dog's handler in order to pet the dog.
- * Do not distract the guide dog in any way as she is working, and this includes talking to her.
- * Please contact Wendy with any concerns.

CAAR

Pederson Admin Building

8:30am-5pm

Monday-Friday

805.493.3260

car@callutheran.edu

facebook.com/CAARCLU

