

TO:

College Forward
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You've probably heard about the "Freshman 15" by now. Everyone fears that when they go to college that they will automatically put on weight—an unavoidable curse of the beginning college student. However, it has much more to do with changes in your lifestyle and eating habits than simply being a student. You will find that if you stay conscious of your habits, you won't have to

Although economical—and tempting—for the poor college student, living off of free pizza and snacks can be terrible for your health.

Especially during freshman year, most students stay in dorms, where there is close access to all-you-can-eat cafeterias and buffet-style food courts. There are hamburgers, corndogs and fries...oh my! These are tasty options in which you

STAYING FIT *and* Living Healthy on Campus

worry about putting on those worrisome extra pounds.

For example, how often did you eat pizza in high school? If you lived at home, chances are rare that it was a daily occurrence. Well, don't

If you live close to campus, try walking or biking to class instead of taking the bus, meeting up with friends for a casual evening stroll, or going dancing at your college's student activity center.

Even if you ate these things at home, you probably didn't eat them every day or in such large doses.

can occasionally indulge, but get in the habit of grabbing a salad every meal as well. With variety comes



choices, and choosing healthy alternatives is essential.

Combined with the food issue is usually that of inactivity. Many students are involved in some type of sport or physical activity during high school, but when they get to college they no longer have this daily dose of exercise to keep them fit. This is a key reason why many students

(continued on next page)



College Fun Fact

There are over 4,000 college and universities in the United States and over **15,000,000** students enrolled!

Know of a college fun fact? Please send it (with your source) to us at: collegians@collegeforward.org

Cover story, cont'd.

get out of shape.

It is very important to make time in your schedule for some type of physical activity each day—imagine it's a course you can't skip! Not only is it healthy, but exercise is a great stress reliever, sanity maintainer, and a way to meet other people. If you have a two-hour break in the middle of the day, take along a gym bag with you and work out between classes. Most gyms have showers, so you can even clean up before your next class (though most students don't care about a little bit of sweat.)

If you think you hate

exercising, think again. Your daily dose doesn't have to include the dreaded treadmill. If you live close to campus, try walking or biking to class instead of taking the bus, meeting up with friends for a casual evening stroll, or going dancing at your school's student activity center. There are also tons of fun extracurricular classes such as Thai boxing, swimming, scuba diving, fencing, belly dancing, aerobics, rock climbing and golf, if you have some extra room in your schedule.

Another great way to get active—and meet new people at the same time—is to sign up for intramural sports such

as basketball, soccer, flag football, Ultimate Frisbee, and volleyball. They're informal and lots of fun! Even if you don't have time to join a team, you can try bringing a Frisbee or ball to throw around with friends after class.

We're not suggesting that you go on a strict diet, cut out all junk food, and start training for the Chicago marathon. Just take note of the types of meals you ate before college and try to maintain similar—or better—habits. There are a variety of ways to stay active at your school and develop healthy eating habits. Get creative and make your college years a success!

STUDY TIP OF THE MONTH

Listen!

Daydreaming oftentimes consists of thinking about how hungry you are, making mental lists of things you have to do for the day, or wondering what your professor was thinking when he got dressed—it's inevitable! But it definitely keeps you from actively listening in your class. As a college student it is really important to get the most out of your lectures. The top five keys to becoming an active listener are:

- 1) Make **eye contact** with your professors.
- 2) Try to **ignore** the distractions around you.
- 3) **Sit** toward the front of the class and don't let yourself slouch.
- 4) Jot down **questions** you have and actually ask them!
- 5) Take detailed **notes** (this will also help to keep you engaged).

These aren't the only ways to actively listen, but they're a great start! Try to make a habit out of doing these things, and see how it works for you!

Click on

 GoodSearch.com

College Forward was recently registered with Goodsearch.com, an Internet search engine much like Google or Yahoo but which allows us to earn a penny every time someone searches the Internet. It's powered by Yahoo and is just as effective when looking for info online. Other charities have raised thousands of dollars through this site by spreading the word in their communities, and we hope to be successful too!

So how can you help us out? It's easy: First, you can use Goodsearch each time you search the Internet (and choose College Forward as the organization you're supporting). If you set it as your homepage, you won't forget to use it! Secondly, you can encourage your family, friends, and coworkers to use the site by shooting them an e-mail or telling them in person. The more people who search, the more money we can raise and the more free services we can provide to students in our community!

Student -to- Student

A QUICK WORD FROM JENNIBETH...

Favorite Things

I enjoy the independence that I have and the difference of atmosphere that there is at college. I love that people come here to learn and the professors care about you. I also love meeting new people from different states and backgrounds.

Tips for Freshman

One piece of information that I would give to incoming freshman would be to manage their time wisely, be organized, have an agenda (planner), and get all of their work done on time...and do not socialize too much (party).

Campus Involvement

Last year [freshman year] I did not have the opportunity to get involved, but this upcoming year I plan on joining organizations and clubs.

Future Career

I am not sure what kind of career I want to have, but I am possibly thinking of trying to work with an international company.



School:
St. Ed's

Year:
Sophomore

Major:
Int'l Business

IMPORTANT DATES

- SEPT. 14th (Thurs)—ACC Student Gathering, Time/Place TBA*
- OCT. 9th (Mon)—Postmark deadline for Scavenger Hunt
Mail your materials to College Forward, ATTN: Scavenger Hunt, 6448 East Highway 290, Suite F-112, Austin, TX 78723
- OCT. 14th (Sat)—All College Student Gathering, Time/Place TBA*
- OCT. 19th (Thurs)—ACC Student Gathering, Time/Place TBA*
- OCT. 28th (Sat)—Kyle Halloween Haunted House & Carnival
Come volunteer at this event with high school age College Forward students from 5-10pm. Help lead games and award prizes!
- OCT. 28th (Sat)—Make a Difference Day
We encourage you to make a difference in your community by spending the day volunteering for a special cause. (If you're in Kyle, check out the Haunted House listed above!).

*Visit the College Forward Discussion Forum for up-to-date information on To Be Announced items



QUOTE OF THE MONTH:



Success is never final.
Failure is never fatal.
Courage is what counts.



-Sir Winston Churchill

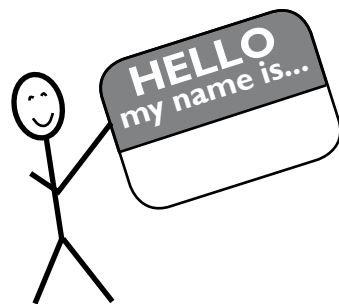
UPDATE: Jennibeth is continuing her involvement with College Forward by taking on the exciting role as a classroom coach. She'll be teaching juniors this fall!

NEXT MONTH'S TOPIC: What resources do you use to prepare for upcoming exams? Share your tip with us, and we'll include it in the next newsletter! [Please tell us if you want to keep your tip anonymous.] Please e-mail it to us at collegians@collegeforward.org.

WANT \$100? College Forward is offering you the opportunity to submit your own article to the "Student-to-Student" section of our newsletter! Articles can be about any college-relevant topic (i.e. roommates, academics, getting involved, etc.), and each time one of your articles is chosen for the bi-monthly e-newsletter, we will send you \$100! Submissions must be 200-300 words in length. Send submissions or any questions to: collegians@collegeforward.org. We hope to hear from you soon!

Haven't registered for the college retention forum yet? You can do so at <http://acontrol.proboards56.com/>

We'd like to keep you informed about new staff members and other office happenings at College Forward—watch this space to get the scoop on what we've been up to!



New Folks @ College Forward!

* **Jenn**, one of our Program Coordinators, came to College Forward in early July to help coordinate our high school program. She has bachelor's degrees in International Affairs and Spanish from Florida State University and briefly worked in southern Pennsylvania before coming to Austin. She's lived here for the past three years, working toward her Master's degree in Public Affairs at UT (focusing on equal access to higher education) while simultaneously working as a supervisor at a children's learning center.

* **Jonah**, Program Manager, has a big role at College Forward. Lisa's right-hand man, he manages everything about our program, from hiring full-time staff and AmeriCorps members to overseeing all aspects of our high school and college retention programs. Though Jonah grew up in Austin, he pursued higher education in the New England area—earning his bachelor's degree from Bates College and his Masters of Education degree from Harvard University—before returning home. Having grown up in a low-income family, attending Austin public schools, and being the first in his family to graduate from college, he strongly relates to our mission and works hard to serve Central Texas students.

* **Marisol** is one of our Resource Specialists, meaning she works around the clock to help our high school students and coaches. She provides juniors with extra assistance researching colleges (one can never have too much help!) and also flawlessly translates College Forward materials into Spanish. Marisol grew up in Austin, attending Reagan HS and later graduating from UT. She holds two degrees—in Mexican American Studies and in Spanish. A former Breakthrough-Austin teacher, we're overjoyed that Marisol is able to further realize her passion for education through our program.

* **Talia** (from Oklahoma City, OK) joined the CF family in August as the College Retention Coordinator. She's the one who'll be calling you on the phone, chatting with you online, or making the occasional campus visit to stay in touch! She has a bachelor's degree in English and a Master's in Adult and Higher Education from the University of Oklahoma—so she knows a lot about working hard to get through college. Expect to hear from Talia a lot this year—she's one enthusiastic lady!

Can you guess who's who?



a-Talia, b-Jonah, c-Marisol, d-Jenn

Check out these useful links for detailed information on selecting your major, preparing for your future career, increasing your financial aid, repaying your student loans, and much more.

<http://www.austincc.edu/nanotech/>

NanoScholar Program - An internship program for undergraduates and graduate students who are interested in NanoTechnology or similar tech/engineering fields. Check it out!

<http://www.bankrate.com/brm/news/advice/19990714c.asp>

Managing a college budget - How to create a budget and live with very little money.

<http://www.campuscareercenter.com>

Internships for college students - Internships not only build your resume, but give you the experience you need to land the job that you really want. Check it out and get involved.

<http://www.ed.gov/programs/triomcnair/index.html>

Ronald E. McNair Post baccalaureate Achievement Program - The McNair program helps students learn how to do research, while encouraging them to pursue a higher degree. To learn more, visit this website or your campus student support services office.

<http://www.half.com>

Buy inexpensive textbooks - When you need textbooks, visit this website to find them for much less than you would pay in the bookstore.

<http://www.how-to-study.com>

Study tips galore! - If you need some quick study tips to help you get through studying for a test or just review skills you already have.

<http://www.fastweb.com>

Scholarships, scholarships, and more scholarships! - Go see how many scholarships you qualify for and find out how fun it can be to get free money!

<http://www.mla.org>

How to correctly use MLA style for papers - MLA format, a style for citing sources in academic work, can be tricky. Visit this site to find out how to use it correctly!

<http://wc.pima.edu/~carem/MTHANXY.html>

Conquering math anxiety - Don't worry if you're not as great at math as you would like to be! Check out the tips on this site to help reduce the anxiety you feel about math.

Resources & Links