SPRING SOAR
UNT’s Welcome Week Program
.................. January 17-22, 2017 ..................
ABOUT SPRING SOAR

Spring Soar is UNT’s welcome program for students entering the university during the spring semester. To help you start off on the right foot, we hope that you take advantage of the programs and services happening this week. Our hope is that by participating in Spring Soar you will feel prepared for the spring semester!

BUCKET PROGRAMS

Spring Soar Bucket Programs are divided into these categories:

- **My Prep**
  Being prepared for college level work is your first step to a successful year. What you may need in terms of preparation will vary by student.

- **My Life**
  On a campus UNT’s size, opportunities to engage in campus life are abundant. Take time this week to connect with your peers, figure out ways to be involved on campus, and immerse yourself in the spirit and traditions!

- **My Health**
  Cultivating a lifestyle that embraces ideas of health and wellness are keys to your happiness and success in college.

- **My Future**
  Although graduation is still 4 years away, the actions you make today will impact your future.
Need a Map?
Not sure where your new classes are located? Stop by our table on the Onstead Promenade (library mall) in between the Hurley Administration Building and the University Union to pick up a map and a UNT fanny pack!

10:00am - 2:00pm | Tuesday, Jan. 17, Wednesday, Jan.18 and Thursday, Jan. 19

For more information about Spring Soar, visit studentaffairs.unt.edu/orientation-and-transition-programs/programs/first-flight-week/spring-soar
UNIVERSITY 101

University 101 will give you a chance to get in the college-going mindset. After your winter break, this session will serve as a refresher on how you learn, good study habits, and time management, among many other things. Worksheets for University 101 can be found in the back of this program book.

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<tr>
<td>Tuesday, Jan. 17</td>
<td>9:00AM -11:00AM</td>
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<td>Thursday, Jan. 19</td>
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Get Involved in Student Activities! (Online)
You keep hearing over and over again that you need to “get involved.” Getting involved can help you develop leadership skills, meet new people, make friends, and increase your school pride. Unable to make our live session on Thursday? Check out our video to learn about the different campus involvement opportunities, from student organizations to events, that UNT provides.
Available Friday Jan 20 - Sunday Jan 22

Campus Quest
Need to stay connected to everything on-campus while you live off-campus? Off-Campus Student Services can help you! See what OCSS offers from the comfort of your laptop.
Available all week

Consent 101 Online Quiz
Take our online quiz to familiarize yourself with consent and how it can affect collegiate interactions.
Available all week

The Condom Club Online Quiz
Take this online quiz to learn safer sex practices and all of the resources available through the Condom Club to keep you healthy and well.
Available all week

Test your knowledge on College Costs
According to a Bloomberg report the cost of a college degree in the United States has increased 1,120% over the past 30 years, far outpacing the price inflation of consumer goods, medical expenses and food. This short quiz tests your college costs knowledge.
Available all week

Test your Financial Aid Knowledge
It is estimated that 80% of UNT students will begin this fall semester in debt! That’s the anticipated percentage of students who will use student and private loans to offset basic college and living costs. This short quiz tests your financial aid knowledge.
Available all week

Be a Financial Success Start
You’ve heard it from counselors, parents, and the news - college graduates make more money over time than high school graduates. The secret is that you don’t have to wait until you graduate from college to become financially successful! This short quiz tests your knowledge of habits that lead to financial success.
Available all week
Orientation Revisited
You learned a lot about our campus and the resources we provide for students while you were here for orientation. We want to refresh your memory and remind you about the great resources we have here at UNT!
Available all week

Digital Citizenship
We live in a digital world and managing our online presence is very important. Learn about ways to connect that are safe, legal and ethical
Available all week

Tech Tools for Students
There are so many apps and tools to help you be a better student and learner. Learn about some of the top tech tools that are helping students succeed at UNT!
Available all week

Mentoring 101
Come learn about the value of mentoring and how you can get involved in mentoring programs at UNT.
Available all week

Class Identity Programs
UNT’s Class Identity Program is designed to support students by creating intentional programs that are specific to each class. Come learn how to connect with your graduating class at UNT!
Available all week

ONLINE PROGRAMS CONTINUED
TUESDAY, JANUARY 17, 2017

Student Legal Services Open House
Why would I need a lawyer?! Stop by our open house to meet the UNT attorney and find out!
Student Legal Services
8:00AM - 5:00PM, Union 411

Chestnut Hall Open House
Enjoy free food and interactive games while learning about the resources available in Chestnut Hall. Learn about on-campus jobs and career advising, managing your finances, how to stay healthy in mind and body, plus many other resources available to UNT students. Must be present to win door prizes.
Making UNT a Healthier Campus
12:00PM - 1:30PM, Chestnut Hall Rotunda

Did You Choose the Right Major?
Are you confident in your current major selection? Or would you like to explore other MAJOR options? The presenters will discuss the benefits of starting career planning early and how the skills gained in certain majors can be applied to career goals.
Career Center
1:00PM - 2:00PM, Chestnut Hall 160

Transfer Mixer
Are you a UNT transfer student? Then join the Transfer Center to celebrate your first day of classes and kick off Spring Soar Week! Stop by for hot cocoa, sweet treats, games, and to meet our Transfer Ambassadors and other new transfer students!
Transfer Center
2:00PM - 4:00PM, Union 249

Denton on a Dime
Want to save money and enjoy all Denton has to offer? This workshop provides information on free events, local dining specials, and free/cheap activities you can enjoy on campus and around Denton.
Student Management Center
3:00PM - 4:00PM, GAB 104

Free Climbing
Come try out our 45’ climbing wall for FREE! During the first week of classes you can explore the fun and challenge of climbing at our indoor climbing wall. Just bring your UNT ID to the Pohl Recreation Center!
Rec Sports
3:00PM - 8:00 PM Pohl Rec Center

Free Group Exercise Classes
During the first week of school, all group exercise classes that are scheduled are FREE to try. Bring your UNT ID to the Pohl Recreation Center and take part in any and all of our instructor led group ex classes!
Rec Sports
All Day, Pohl Rec Center

Treat Yo Self
Start the new semester off right by treating yourself to DIY lip balms, bath bombs, body scrubs and more, courtesy of the Student Health Advisory Committee. We’ll be talking about self-care, staying sane and stress management in Chestnut 324 while you collect recipes for these DIY products that you can recreate at home or in the dorm!
Student Health & Wellness Center
5:00PM-6:00PM, Chestnut Hall 324
Emerging Leader Series
The Emerging Leaders Series is designed for freshmen, sophomores, and transfer students at the University of North Texas who are interested in developing as future leaders. Students will work together to explore organizational leadership theory based on the Leadership Challenge. Come and get a sneak peak into what this workshop will be like and how to apply for it for the Spring semester.
Orientation and Transition Programs/Center for Leadership and Service
11:00AM - 12:00PM, Wooten 215

Stress Management BINGO
Learn about stressors, the physical and mental effects of stress, and positive coping strategies for handling stress in this interactive program. Stress management prizes will be available.
Student Health & Wellness Center
10:30AM - 12:00PM, Chestnut Hall 324

Transfer Tips and Trivia
Want to know more about your new school? Let the Transfer Center be your guides! Our Transfer Ambassadors will provide great insider knowledge of UNT, as well as some tips & tricks for having a successful first semester as a transfer student. Following the presentation, we will play a trivia game giving you the opportunity to show off your new UNT knowledge and win prizes! Pizza and drinks will also be served.
Transfer Center
11:00AM - 1:00PM, Willis Library Forum (Room 140)

Student Veterans Welcome Back Bash
Come network with Student Veteran Services and hiring managers and recruiters at the Student Veterans Association’s Welcome Back Bash
Student Veterans Association
11:00AM - 2:00PM, Sage 123

Soaring to Success with Student Loans
ALL STUDENTS ACCEPTING STUDENT LOANS NEED TO ATTEND THIS SESSION.
This workshop provides incoming freshmen with a detailed explanation of the student loan borrowing process from determining your borrowing needs to acceptance to future repayment obligations. Specific topics include: types of Federal student loans, borrowing limits, Department of Education expectations, and your rights and responsibilities as a borrower.
Student Money Management Center & Student Financial Aid & Scholarships
11:00AM - 12:00PM, Willis Library Computer Lab

How to Find a Job on Campus
This session will teach new students how to market themselves to on-campus employers. It will explain the job search process, cover how to develop an eye catching résumé, as well as discuss tips for acing an interview.
Off-Campus Student Services
1:00PM - 2:00PM, Chestnut Hall 120
Resumania
Meet with a Career Center Advisor to create a résumé or update your current résumé in order to apply to jobs on campus. Don’t forget the Part-Time Job Fair is Thursday, January 26th!
Career Center
2:00PM - 4:00PM, Chestnut Hall 120

Nutrition On-the-Go
Join the Student Health and Wellness Center’s dietitian for an interactive presentation about healthy meal and snack options around campus and on-the-go.
Student Health & Wellness
3:00PM - 4:00PM, Chestnut Hall 324

Free Climbing
Come try out our 45’ climbing wall for FREE! During the first week of classes you can explore the fun and challenge of climbing at our indoor climbing wall. Just bring your UNT ID to the Pohl Recreation Center!
Rec Sports
3:00PM - 8:00 PM, Pohl Rec Center

Safer Sex Quiz
Spring Soar Safer Sex Kahoot Quiz; an interactive internet based quiz game that students can participate in with the use of a wifi enabled device. To teach incoming UNT students about safer sex practices that they may not know about to help keep UNT students educated and healthy. By answering trivia questions about safer sex practices, students will test their knowledge and learn about safer sex facts.
Meadows Center for Health Resources
4:00PM - 5:00PM, Chestnut Hall 324

Study Abroad - Dolla Dolla BILL$
Learn how to fund study abroad through a fun, interactive game. You’ll learn about scholarships, financial aid and other funding resources on campus. Planning your budget from start to finish has never been so entertaining.
Student Money Management
1:00PM - 2:00PM, Curry 203

Afford your Org
Considering joining an organization on campus? Want to go Greek? Are you wondering if you can afford it? SMMC has the answers, attend our workshop and discover different methods of funding your fun and affording your org.
Student Money Management
4:00PM- 5:00PM, BLB 090

Mean Green Spring Fling
Join us at the second annual Mean Green Spring Fling, an involvement fair that kicks off the spring semester! This event provides an opportunity for students to find involvement opportunities. There will be music, performances, and much more. Stop by and meet the representatives of more than 150 student organizations and campus departments available to you!
Student Activities
6:00PM - 8:00PM, Union Ballroom 314

Free Group Exercise Classes
During the first week of school, all group exercise classes that are scheduled are FREE to try. Bring your UNT ID to the Pohl Recreation Center and take part in any and all of our instructor led group ex classes!
Rec Sports
All Day, Pohl Rec Center
THURSDAY, JANUARY 19, 2017

UNT Jeopardy
Come test your knowledge of UNT’s campus in this fun jeopardy game.
Orientation & Transition Programs
11:00AM - 12:00PM, Wooten 215

The Morning After
Prevent a financial or personal hangover by joining us at this morning event. Learn how to be healthy, wealthy and responsible with alcohol, sex, and your money. This is a Come & Go event with games and a breakfast treat. Visit with: Substance Abuse Resource Center (SARC), Student Money Management Center, and the Meadows Wellness Center. Come and Go event.
Meadows Center for Health Resources
8:30 - 9:30, Kerr Hall

Snaps and Snacks with SGA
Students can come to the SGA office and meet with the executive board as well as senators. The SGA will provide snacks, as well as a “photo frame” and props to take fun pictures that can be sent to them afterwards for use on social media, at home, etc
Student Government Association
12:00PM - 3:00PM, Union 344

Landlord Tenant Seminar:
Don’t Sign Your Life Away
Student Legal Services will present a Landlord Tenant Seminar to educate students regarding the most common issues student face when leasing apartments, what to look for when leasing an apartment, some tips on how to communicate with property management, and how to secure the maximum amount of the return of your security deposit.
UNT Student Legal Services
12:00PM - 1:00PM, Union 381

How to Find a Job on Campus
This session will teach new students how to market themselves to on-campus employers. It will explain the job search process, cover how to develop an eye catching résumé, as well as discuss tips for acing an interview.
Off-Campus Student Services
1:00PM - 2:00PM, Chestnut Hall 120

Beginner’s Guide to Internships
This session will teach students about internship basics. It will explain the internship search process, cover how to develop experience through an internship, as well as discuss tips on finding the right internship.
Career Center
2:00PM - 3:00PM, Chestnut Hall 120

Discover a Career in Personal Finance
Are you good with people and numbers? If so, you may enjoy a career in personal finance! Come learn about some of the different career options in personal finance in this Spring Soar workshop.
Student Money Management
2:00PM - 3:00PM, PHYS 102

Soaring to Success with Student Loans
ALL STUDENTS ACCEPTING STUDENT LOANS NEED TO ATTEND THIS SESSION.
This workshop provides incoming freshmen with a detailed explanation of the student loan borrowing process from determining your borrowing needs to acceptance to future repayment obligations. Specific topics include: types of Federal student loans, borrowing limits, expectations, and your rights and responsibilities as a borrower.
Student Money Management Center & Student Financial Aid & Scholarships
3:30PM-4:30PM, Willis Lib. Comp. Lab
Free Climbing
Come try our 45’ climbing wall for FREE! During the first week of classes you can explore the fun and challenge of climbing at our indoor climbing wall. Just bring your ID!

Rec Sports
3:00PM - 8:00 PM, Pohl Rec Center

Get Involved in Student Activities (Live!)
You keep hearing over and over again that you need to “get involved.” Getting involved can help you develop leadership skills, meet new people, make friends, and increase your school pride. Come out to this session to learn about the different campus involvement opportunities, from student organizations to events, that UNT provides.

Student Activities
4:00PM, BLB 050

Transfer Trade-In Mugs
The Transfer Center is here to help you feel at home. Join us to decorate a new mug to show your pride for your new home away from home here at UNT! To decorate a mug, please bring either an item from your former institution (i.e. shirt, hat, etc.) to trade-in OR a donation for the UNT Food Pantry (i.e. canned good, packaged food, or $2). Supplies are limited and will be provided on a first come first serve basis. A trade-in item or donation is required for participation.

Transfer Center
5:00PM - 7:00PM, Union 381

Making UNT a Healthier Campus
Looking to be active on campus? Enjoy being healthy, and encouraging others to be healthy? The Student Health Advisory Committee and the Conversation will be hosting ‘Making UNT a Healthier Campus’ to talk about two organizations you can join this semester to make an impact on campus! We encourage anyone and everyone to join us for the informational session on SHAC and the Conversation, presented by a member from each organization and the Student Health and Wellness Center!

Student Health & Wellness Center
5:00PM - 6:00PM, Chestnut Hall 324

Free Group Exercise Classes
During the first week of school, all group exercise classes that are scheduled are FREE to try. Bring your UNT ID to the Pohl Recreation Center and take part in any and all of our instructor led group ex classes!

Rec Sports
All Day, Pohl Rec Center

Library Experience and Services for you
This session will give an overview of the academic and recreational uses of the UNT Libraries. Learn how to find and check out materials, gaming and design events, research help from your subject librarian and more! The presentation in Willis Library will be followed with an optional quick tour.

Libraries
2:00PM, Willis Library Forum, Room 140
Did You Choose the Right Major?
Are you confident in your current major selection? Or would you like to explore other MAJOR options? The presenters will discuss the benefits of starting career planning early and how the skills gained in certain majors can be applied to career goals.

Career Center
11:00AM - 12:00PM, Chestnut Hall 120

Understanding Your Insurance: A Student’s Guide to Medical Coverage
This 1 hour course will include an ample overview of the student health insurance plan as well general information on outside PPO or HMO plans. We will discuss commonly used insurance terminology, how to find a doctor covered by your health insurance plan and what services you can utilize right here on our campus. We encourage you to bring your insurance card with you, as we will have staff members available to help you look up your specific benefits after the presentation.

Student Health & Wellness Center
12:30PM - 1:30PM, Chestnut Hall 324

Free Climbing
Come try out our 45’ climbing wall for FREE! During the first week of classes you can explore the fun and challenge of climbing at our indoor climbing wall. Just bring your UNT ID to the Pohl Recreation Center!

Rec Sports
3:00PM - 8:00 PM, Pohl Rec Center

Free Group Exercise Classes
During the first week of school, all group exercise classes that are scheduled are FREE to try. Bring your UNT ID to the Pohl Recreation Center and take part in any of our instructor led group ex classes!

Rec Sports
All Day, Pohl Rec Center
SATURDAY, JANUARY 21, 2017

Destination Denton
Whether you’re brand new to Denton or you’ve been around the area for a while, there’s always new hidden gems popping up in our beautiful and growing city! Fortunately, the Transfer Center wants to take YOU on a personal tour to show you the Denton hot spots, including providing an hour to explore the shops and attractions on the Denton Square. The bus will be leaving campus from Union Circle (in front of the Union Building) at 11:00am, so please arrive at 10:30am to check-in. Spaces are limited and be first come, first serve! Lunch will also be provided on this trip and the bus will return to UNT by 2:00pm.
Transfer Center
11:00AM - 2:00PM, Check-in at Union Circle in front of the Union Building

Free Climbing
Come try out our 45’ climbing wall for FREE! During the first week of classes you can explore the fun and challenge of climbing at our indoor climbing wall. Just bring your UNT ID to the Pohl Recreation Center!
Rec Sports
3:00PM - 7:00 PM Pohl Rec Center

Free Group Exercise Classes
During the first week of school, all group exercise classes that are scheduled are FREE to try. Bring your UNT ID to the Pohl Recreation Center and take part in any and all of our instructor led group ex classes!
Rec Sports
All Day, Pohl Rec Center
10 THINGS TO DO DURING SPRING SOAR

1. Visit the Transfer Center in the University Union, Suite 377.
2. Attend Mean Green Spring Fling on Wednesday (see page 12).
3. Make sure you have your required textbooks. Stop by Barnes & Noble in the Union.
4. Find your class meeting locations.
5. Attend a program in all 4 categories (My Prep, My Life, My Health and Wellness, My Future).
6. Learn about at least one student organization that interests you.
7. Attend reUnion on Tuesday to get acquainted with our new Union (see pg 2).
8. Grab coffee at the BLB Cafe or the Starbucks in the Union.
9. Memorize the words to the UNT Fight Song.
10. Wear green on Friday Pride Day!

Share your Spring Soar photos with @UNT_OTP on Twitter!

Orientation and Transition Programs will be giving away prizes all week to students who use #SpringSoar2017 on social media. Tweets must be received by 5:00pm on Friday, January 22, 2017 to be eligible.
Motivating Yourself toward Academic Success

Please take a moment to think about these questions. Refer back to this whenever you feel your motivation level is low.

Why must you be academically successful this semester?

To motivate myself I must ...........

List 5 to 10 things you should do to be academically successful?

Think of three people that you know who are “the best” at being academically successful. What are their beliefs/actions regarding academic success? How do they study?

What study skills fit best with your learning style preference and how will you use them?
Internal and external factors influence our motivation and behaviors. What are your internal factors (values, interests, knowledge) and your external factors (family friends, economy)?

My internal factors are:

My external factors are:

Are you motivated by the reward or accomplishing the task?

My support network includes:

Possible obstacles to my academic success include? (family obligations, work conflicts, friends, financial obligations):

I will overcome any possible obstacles by:
Tips on How to Talk to Your Professors

Visit your professor during posted office hours or (better yet) schedule an appointment.
Your professor uses office hours to grade papers, prepare for classes, and do research. If they are expecting you (and maybe even have an idea about what you want to discuss) you will probably have a better experience. If you are not available during their office hours, don’t give up. Contact your professor to see if there are alternatives. When meeting with your professor, know exactly what you want from your professor. Write out questions to help you narrow things down and help you not to forget if you become anxious. Take your graded material with you, along with your lecture notes and study aides. Come up with options BEFORE you go in. Then he or she can help you decide if those options are possible.

If you make an appointment, show up on time.
If you show up and your professor is late, wait at least 5 to 10 minutes, and then leave a note. If you miss an appointment, apologize in person and reschedule.

Adopt the attitude that your professor wants to help you.
Eliminate negative thoughts such as: “She’ll just tell me it’s my fault.” “He uses trick questions on the test.” “He requires too much work.” Instead, tell yourself “He can’t solve my problem for me, but he can help me figure out what I can do.” “She can help me understand how to study for her tests so I can do better.” Respect your instructor for their expertise. Being defensive is the quickest way to turn off your instructor’s desire to help, so be open to suggestions. If you have questions about what they recommend, just ask.

Visit your professor with specific things to discuss, like:

• Questions about course content: Be specific when you meet with your instructor. An example of an appropriate question is: “I used my notes to outline my ideas but they still seem disorganized and unclear. What suggestions do you have that can help me make a better study guide?” (Show the instructor your notes.)
• **Needing additional help:** Professors are the best source of advice for how to succeed in their classes. If you are investing sufficient study time and still not doing well, schedule an appointment. Be honest and communicate non-defensively. Let your professor know what you are already doing (how many hours you spend reading, reviewing notes, studying with other students, etc.) If you know the reason for your performance is lack of preparation and you know what to do, just do it. Communicate with your professor that you care about the class, that you intend to turn things around and then start today!

• **Appealing a poor grade:** If you are appealing a poor grade, come prepared with ideas of extra work you are prepared to do: “I am really concerned about my grade in this course. Would you be willing to give me extra credit if I did a 5-10 page research paper on the health crisis in the U.S.?" Offer to retake an exam. If they say it won’t change your grade but you think you could do better, ask to do it anyway to see if you can improve. It may make an impression on your professor about your dedication.

• **Concerns about tests:** Remember, talk in ways that are not defensive or hostile toward the instructor: “I am really upset about my performance on the last test. The week before the test I studied 2 hours every night and reviewed all the readings and notes with a study partner. But none of the questions seemed to be related to the material I studied. I want to do better on your tests. Can you give me some suggestions?” If you do poorly on the first midterm, it is not too late to turn things around but you will need to change some study habits. Even if you know what to do, let the professor know you’re trying. If you don’t know what to do, don’t give up. Go to see your professor for some suggestions.

• **Asking for an incomplete grade or other special exceptions:** Don’t waste your professor’s time with fake or repetitive excuses but if you have valid reasons that you didn’t finish a paper or do well on an exam, talk to them to see if you can have any extra time to complete work or other special exceptions. Make sure you are clear and honest.

• **Interview your professor about their field of expertise:** Some examples would be: “I’m considering majoring in Criminal Justice and would like some information.” “I’m thinking about going to graduate school in Special Education and wondered if I could talk to you.” “How did you decide to major in your area and are you glad you made that decision?” “Other than being a teacher, what other career opportunities exist with a major in this area?” “Are you aware of any internship opportunities that would help me explore this major further?”
Stress Relief Techniques That Work For College Students

You are not alone if you feel overwhelmed and stressed out while you are in college. Balancing classes, tests, projects, extra-curricular activities and work is enough to make anyone feel overwhelmed, especially when it seems like exams are perpetually around the corner. Stress relief will not only be better for your overall well-being, but for your grades. Feeling less stressed can be dealt with simply, but sometimes you just need help figuring out where to get started. Here are ten things you can do today that will make you less stressed tomorrow.

Deep Breathing

Sounds simple right? Well it is. But it’s also super effective. This will help calm your mind and you can do it just about anywhere. Try it when you are feeling stressed, getting distracted in class, or when you are feeling really impatient. Try taking breaths that come deep from your abdomen and not just your chest. Take deep and slow breaths; make sure you mindfully pay attention to your breathing. Try slowly inhaling to a count of 4, filling your belly first and then your chest, gently holding your breath to a count of 4, and slowly exhaling to a count of 4 and repeat several times.

Make Your Life Easier

For the most part, you control your own schedule and you know what works best for you. If you know you are not a morning person and that you would never show up to a class before 9 a.m., don’t schedule any morning classes. The longer sleep or actually having time for breakfast will give you a better start to your day. Starting your day off by pressing the snooze button repeatedly and then rushing will just be a stressful start, so don’t put yourself in that situation.

A Sweet Snack

Dark chocolate is high in antioxidants, and eating it releases endorphins in your brain that will make you and your brain happy. Even if you don’t like dark chocolate on its own, try dark chocolate covered fruit which is not as bitter. The next time you are feeling stressed or tired, reach for dark chocolate instead of for coffee or an energy drink.

Take a Break

Have you been in class and studying in the library all day? Stop. The key to stress relief is stop worrying about things out of your control. Don’t push your stressful thoughts out of your mind completely, but you don’t need to think about it all the time. Go outside and take a walk and get a change of scenery. Take a hot bath and relax your mind and your muscles. Taking a break may help you look at things in a new way.
Get Enough Sleep
College student have enough reasons to be stressed and when your body does not have enough sleep it is much more sensitive to stress. Those late nights and early morning classes are not good for your body. You need a set sleep schedule of at least seven hours in a night. Getting a good amount of sleep will help keep your mind focused, recharged, and energized.

Get Some Exercise
I know that your excuse is that you don’t have time. We have all used that excuse before. Just a 30-minute walk while listening to music can be good stress relief and will get you healthier. Exercise releases endorphins, “feel-good” brain chemicals that protect you against depression, decreases stress hormones, relaxes your muscles, and helps you sleep better.

Learn How to Say No
Let's face it, sometimes we just don’t know how to say no to people and work just piles up higher and higher. If your friend wants to go out and you have a big exam in the morning or you friend wants to study together, but you study better on your own, don’t be afraid to say no. You need to make the right decisions for yourself. Know your own limits and relieve stress, don’t add to it.

Plan Ahead
When you know that you have an exam and a big paper in the same week, don’t wait until the last minute. Try to plan for delays and unexpected things that may get in the way of studying and working on your paper. If you start doing your work as soon as you get it, you will feel a lot less stressed when the test day or due date come around. Break papers and studying down into smaller, more manageable chunks and set goals to accomplish them. You don’t want to rush yourself when you are studying, it will just stress you out more than necessary.

Don’t Sweat the Small Stuff
In the grand scheme of things, don’t freak out over things that you have no control over. Sometimes something may seem like it’s the end of the world if it doesn’t go right, but if you can put things in perspective it probably is not that big of a deal. Just breathe and think about the big picture.

Eat Well
Do you eat a lot of cheap, greasy foods at odd hours of the day and night? It is very likely that if you are like the average college student, your eating habits have become far less healthy since you started school. Eating a balanced diet will keep your stress level down, get you healthy, and your waistline down.

Things to Avoid:
• Drinking/partying/socializing too much • Smoking • Using pills or drugs to relax or sleep
• Overeating or under eating • Procrastinating • Withdrawing from friends, family, commitments
• Zoning out for hours in front of the computer or TV