

LANCER

W E L L N E S S

March 2017



hello March!

Lancer Wellness is dedicated to helping Lancers understand the importance of their well-being. Check out more helpful information at calbaptist.edu/lancernwellness and follow us on instagram @cbu_lancernwellness

Academic Wellness: Mid-Semester Motivation

As the middle of the semester approaches, the feeling of tiredness, laziness and low energy can begin to settle in. Here are a few tips on how to thrive the rest of the semester.

1. Make a move

Try finding a new place to study. This can help if you're having a hard time studying in your current location and need a change.

2. Get a study buddy or study group

Studying with other people or with a study group can be just the encouragement and help you need to keep focus on your school work.

3. Take advantage of office hours

Utilize office hours. It is time set apart by professors to answer

any questions students made have.

4. Don't focus on the past

If you have failed a quiz or two or three, it's okay. Don't reflect on the past; try and focus on the future. Ask the professor how you can make up the points in class and focus on doing better on future test, quizzes and assignments.

5. Encourage your fellow classmates

If you're struggling or stressed out about school, chances are you are not alone. Through encouraging other students you will begin to encourage yourself.

<https://www.chegg.com/play/life-hacks/productivity/top-10-tips-for-beating-the-mid-semester-slump/>



Medical Wellness: Got Sleep?

SACRIFICING SLEEP FOR STUDY

Part Three: Overall Health

0-5 HOURS OF SLEEP PUT STUDENTS AT RISK FOR:



Heart Attack
45% higher risk



Diabetes
2.5 times higher risk



Death
12% higher risk

sleep genius

<http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/10-results-sleep-loss>
<http://health.usnews.com/health-news/blogs/eat-run/2013/09/23/the-risks-of-pulling-an-all-nighter>

Career Wellness: Calling all Future Teachers

Nutritional Wellness



RED-LENTIL HUMMUS

Social Wellness: Grandparents Day

Save the Date!

Thursday, March 30, 2017

More than 250 grandparents and students participated in Grandparents Day on April 8, 2016. A wide variety of classes were offered for grandparents to attend, and a great time was had by all!

INGREDIENTS

- 1 cup red lentils, rinsed
- 1/2 teaspoon sea salt, plus more for finishing
- 1/4 cup tahini
- 1/2 garlic clove, smashed
- 3 tablespoons olive oil
- Juice of 1/2 lemon
- 1 teaspoon red-wine vinegar
- 1/4 teaspoon coriander
- 1 tablespoon extra-virgin olive oil for drizzling
- Pinch sweet paprika
- 1 1/2 tablespoons minced parsley
- Greek yogurt, optional

INSTRUCTION

1. Place lentils in a 2-quart pot; cover with 2 cups water. Boil, then reduce heat and simmer until tender (about 20 minutes).
2. Combine lentils, salt, tahini, garlic, olive oil, lemon juice, vinegar, and coriander in a food processor and blend until smooth.
3. To serve: Spoon hummus into a shallow bowl. Drizzle with olive oil. Sprinkle with paprika and parsley. Top with Greek yogurt if desired.

SPOTLIGHT MEMBER

Isaac Yeier

Why do you think it is important for students to be a part of CBU activities and get to know other students on campus?

“It is important because it is a way that you can learn and grow together with other students and to have a good time on campus. There are so many people who want to help build community and get people involved, so it is never a hard thing to get plugged in.”

To learn more about Isaac's journey visit

www.calbaptist.edu/lancerwellness

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