

LANCER

WELLNESS

October 2017



Lancer Wellness is dedicated to helping Lancers understand the importance of their well-being. Check out more helpful information at calbaptist.edu/lancerwellness and follow us on instagram @[cbu_lancerwellness](https://www.instagram.com/cbu_lancerwellness)

Career Wellness: Interview Preparation

Just like an athletic event, interviewing requires preparation, practice and refinement. To obtain your dream job, succeeding in the interview is crucial. Here are some practical suggestions to prepare for your interview:

Rehearse your introduction:

Typically, the first question of an interview is “tell me about yourself.” This is a question that is deceptively difficult when reviewed. However, knowing that it will likely be the first impression you give the interviewer should prompt you to practice this like crazy. If you start well in this question, you will gain confidence and momentum as it sets you up for success in the rest of your interview.

Reflect on real-life examples:

Many interviews contain scenario-based questions. “Tell me about a time when...” or “describe a situation where...” are common

beginnings to these types of questions. Prepare for these by reflecting on past jobs, classes and extra-curricular experiences. Where did you excel? Did you work well with a team? Stand out as a leader? Your self-reflection of these experiences will lead to more detailed responses which ultimately increase interest in your candidacy.

Pinpoint the logistics:

All the details—from outfit to drive time—should be sorted and finalized. Know what you’re wearing, when you’re leaving, the location of the building, etc. With these items determined, you’ll be able to focus on the deeper content of the interview.

Complete a mock interview:

Go through the process of a practice interview at the Career Center to get immediate feedback about potential improvements for your upcoming endeavors!

*Morgan Teruel
Career Counselor
CBU Career Center*



A promotional poster for "ARC ATTACK". The background is bright yellow. At the top, the text "ARC ATTACK" is written in large, bold, blue letters. Below it, "BURN UP TO 845 CALORIES IN 45 MINUTES" is written in smaller blue letters. On the right side, there is a stylized illustration of a blue and grey elliptical machine. In the bottom left, there is a blue triangle containing the text "SEPT. 26 - NOV. 9" and a small logo. In the bottom right, there is a blue triangle containing the text "TUES./THURS. 5:30-6:15 PM" and the hashtag "#DiversifyYourFitness".

Physical Wellness:

2 Common Myths about your Post-workout Meal

1. "I Have to Eat Immediately After I Work Out"

No, you don't. In fact, your pre-workout meal may be more important than your post-workout meal. Digestion takes time. After a protein-rich meal, you can still have elevated levels of amino acids in your blood hours later. If you eat a meal 2-3 hours prior to your training, there's a good chance you'll still have amino acids available to help minimize muscle damage during your workout. Try to consume 25-35 grams of a lean protein before your workout. Strive to also consume a meal within 60 minutes of finishing your workout. The purpose of the meal is to rebuild, refuel and rehydrate you, so eat the appropriate amount of protein, carbohydrates, fluids and electrolytes.

2. "My Workout's Over. I Must Drink a Protein Shake"

Nope. In fact, doing so may leave you feeling hungry shortly afterward. Whey protein is the quickest-digesting protein available. But even rapidly digesting whey only gets absorbed at a rate of 8-10 grams per hour. Although it's significantly faster than digesting a lean cut of chicken, beef or fish, whey protein isn't your only post-workout protein. In fact, eating a lean cut of meat may have a more pronounced impact on your appetite. After all, it takes your body a little longer to digest it. And a longer digestion time means your body continues to receive the nutrients it needs until your next meal.

Joe Fix

Fitness Coordinator

CBU Recreation Center



SPOTLIGHT MEMBER

Ashlynn Slovek

What motivates you to exercise on a regular basis?

"I am motivated to exercise because I want to be healthy and freely able to live out God's purpose for my life. I strive to push myself each day because I want to give my best everyday not only in the gym, but in all areas of my life."

To learn more about Ashlynn's journey, visit
www.calbaptist.edu/lancerwellness

LANCER
WELLNESS

Nutritional Wellness



PEANUT BUTTER PROTEIN BITES

INGREDIENTS

DRY

1 CUP ROLLED OATS

½ CUP UNSWEETENED
COCONUT FLAKES

1 SCOOP PROTEIN POWDER
OF CHOICE

½ CUP CHOCOLATE CHIPS

WET

½ CUP PEANUT BUTTER

¼ CUP HONEY

INSTRUCTIONS

1. Combine all of the dry ingredients in a bowl until evenly mixed.
2. Mix in wet ingredients.
3. Roll into 1-inch balls and serve (Optional: place in the refrigerator for 30 minutes if desired).
4. Store in an airtight container or plastic bag in the refrigerator.