

LANCER

W E L L N E S S

September 2016



Lancer Wellness is dedicated to helping Lancers understand the importance of wholesome wellness.

Check out more helpful information at calbaptist.edu/lancernwellness and follow us on Instagram @cbu_lancernwellness

Academic Wellness: How to Succeed from the Start

So long summer and hello new beginnings, new experiences and new fall semester. Although we are saying good-bye to another summer, we are welcoming a new school year with open arms and readiness to be successful. According to U.S News, here are three tips on how to thrive this fall semester.

Invest in a planner

Investing in planner will help to stay organized and prioritize your time.

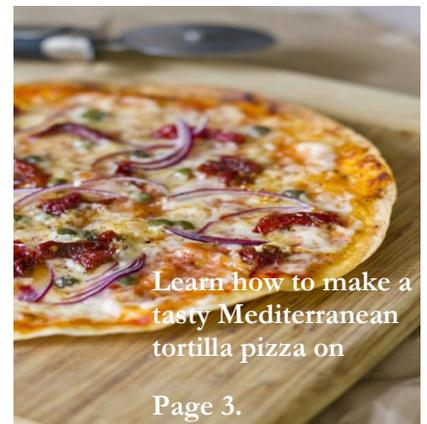
Use the syllabus

The course syllabus aids in helping students understand what is expected from them in the course. It outlines every exam, paper and grading scale. A syllabus is a great tool to help students stay on track.

Participate in on-campus events

On-campus events are a great way to be a part of your campus community and also give you the opportunity to connect with fellow students.

Hyman, L. F. (2010). Top 10 Secrets of College Success. *U.S News*.



Learn how to make a tasty Mediterranean tortilla pizza on

Page 3.

Physical Wellness: Everything Recreation



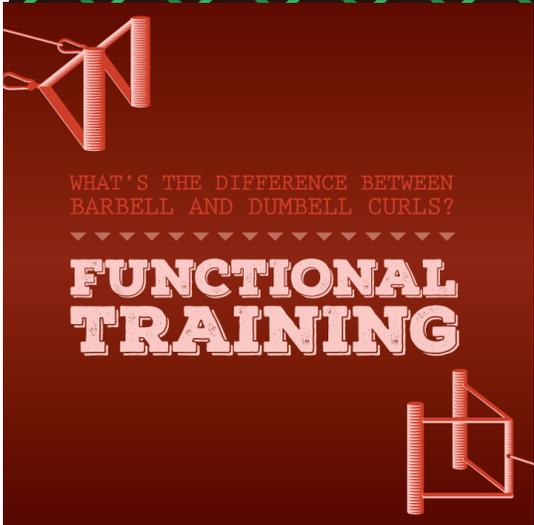
TECHNIQUE
PERSONAL TRAINING
ON THE
ROCK WALL
HAVE AN INTENSE WORKOUT WHILE LEARNING CLIMBING METHODS



6:30 AM
SUNRISE & SUNSET & STRETCH
6:30 PM



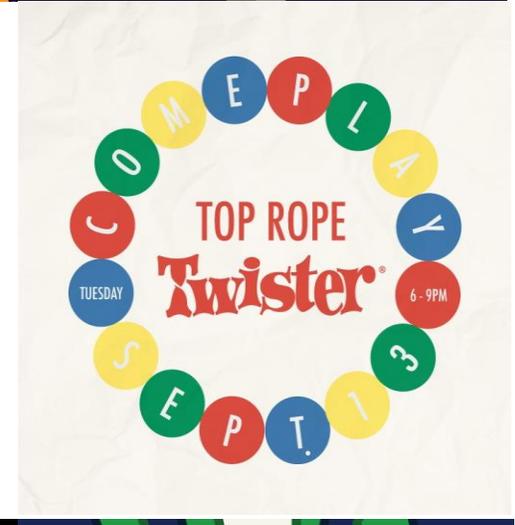
MEN'S NIGHT
SEPT 22



WHAT'S THE DIFFERENCE BETWEEN BARBELL AND DUMBBELL CURLS?
FUNCTIONAL TRAINING



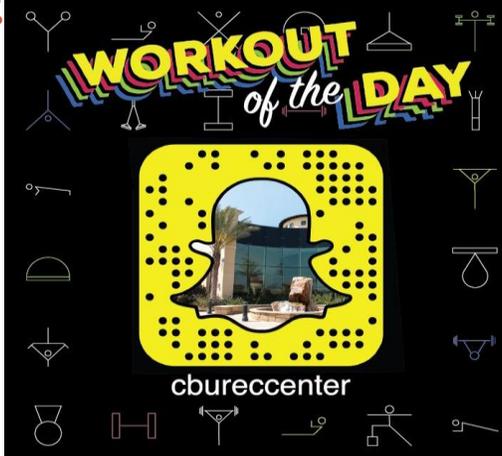
CBU
RECREATION CENTER
September
Event
Line
Up



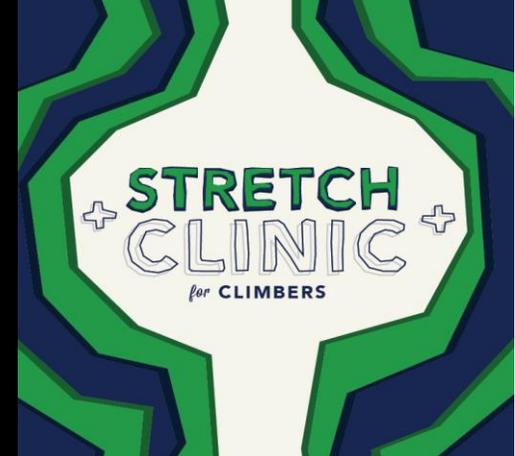
TOP ROPE Twister
TUESDAY 6-9PM



REC CENTER
GROUP X INSTRUCTOR
WORK OUT
LEAD OTHERS
& GET PAID TO DO IT



WORKOUT of the DAY
cbureccenter



STRETCH CLINIC
for CLIMBERS

For more details on events happening at the recreation center this September visit www.calbaptist.edu/recreation

Career Wellness: The power of a Mock Interview.



By: Morgan Teruel

The Career Center has many resources to offer students. One of the resources frequently used by students is the Mock Interview. Here's why you should participate in one:

- 1. You must prepare a resume.** This saves you time in the future and gets reviewed on the spot.
- 2. You learn about professional dress.** The Mock Interview teaches how to present yourself physically and professionally. By becoming aware, you can make a solid first impression!

- 3. You are coached.** Within the appointment, you receive 30 minutes of coaching to know how to improve your interview skills.

- 4. You get to practice in a safe environment.**

If you mess up, it is okay! The Career Center staff teaches you how to be better for when the interview really counts.

- 5. You walk out with confidence.** By learning about your interview strengths and weaknesses, you are equipped to succeed in your next interview!



Mediterranean Tortilla Pizza

Ingredients

- 1 flour tortilla
- ½ tbs. olive oil
- 1 tbs. tomato sauce
- salt and pepper
- ⅓ cup parmesan cheese
- 1 tbs. sun-dried tomatoes
- ½ tsp. capers
- 1 clove garlic, finely diced
- ½ oz. red onion, sliced paper thin

Instructions

- Pre-heat oven to 375 degrees
- Spread olive oil over tortilla using the back of a spoon
- Spread a thin layer of tomato sauce on top of the olive oil layer
- Sprinkle with salt and pepper
- Add a layer of parmesan cheese, then place the toppings (sun-dried tomatoes, capers, garlic, red onion) over the cheese
- Place directly on oven rack and bake for 6-8 minutes until the edges of the tortilla are nicely browned.
- Slice using a knife or pizza cutter and serve.



SPOTLIGHT MEMBER

How have you maintained emotional wellness during the school year?

Jordan Rickard

"I get on my motorcycle and ride. Riding involves complete focus on the task at hand, forcing me to set aside whatever worries or anxieties I may have about grades, finances or the future, and just focus on the road ahead of me."

To learn more about Jordan's journey visit www.calbaptist.edu/lanacerwellness

LANCER
WELLNESS