

LANCER

W E L L N E S S

September 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)

CBU Success Starter Guide

Going to a new school can be intimidating. Luckily, CBU is such a welcoming community, full of students and staff who want to make the transition as seamless as possible.

Academic Wellness:

It is beneficial to befriend other students in your class. If you have any questions about anything, ask one of them for help! If not, reach out to your professor. Do not be afraid to ask questions! The faculty at CBU genuinely care about your academic success and well-being.

Social Wellness:

In order to thrive in the CBU community, it is important to go out of your way to meet new people. Take advantage of the events coordinated by the offices of

Community Life and RezLife to bond with friends or even meet new ones!

Physical Wellness:

It is important to set up a routine to make sure that you can fit exercise into the sometimes hectic college lifestyle. Don't forget to take advantage of the beautiful Recreation Center! Go with a friend to keep each other accountable.

Spiritual Wellness: Some people tend to place their relationship with God on the back burner when life gets too busy. This can be counterproductive because time with God is one of the best ways to cope with difficult times and stress. It is helpful to find a mentor who will hold you accountable. This can be a fellow student, an RA, a professor, or another faculty member.



Student Resources

COUNSELING CENTER

Phone: (951) 689-1120
Instagram: @cbucounselingcenter

CAREER CENTER

Phone: (951) 343-4386
Instagram: @cbucareercenter

OFFICE OF STUDENT SUCCESS

Phone: (951) 343-4349

HEALTH CENTER

Phone: (951) 321-6520

COMMUNITY LIFE

Phone: (951) 343-4425
Instagram: @cbu_commlife

REC CENTER

Phone: (951) 552-8580
Instagram: @cbureccenter

SPIRITUAL LIFE

Phone: (951) 343-4963
Instagram: @cbu_sl



NUTRITIONAL WELLNESS



WHOLE WHEAT PANCAKES

INGREDIENTS

- Cooking Spray
- 2/3 cup whole-wheat flour
- 1/4 cup oats
- 1 tsp. baking powder
- 2/3 cup fat-free milk
- 1 large egg lightly beaten
- 2 tsp. canola oil
- 3 hulled, sliced strawberries

DIRECTIONS

1. In a large bowl, combine flour, oats and baking powder; mix well. In medium bowl combine milk, egg and oil; blend well.
2. Add dry ingredients all at once; stir just until the ingredients are moistened.
3. Coat skillet with spray and heat to medium high. For each pancake, spoon 1/4 cup of batter into skillet.
4. Flip when batter bubbles and edges begin to set. Remove from heat and top with strawberries.



SPOTLIGHT MEMBER

Kate Ahlberg

Freshman

What impact has investing in your spiritual wellness had in your life?

“Take a look at Philippians 4:7-8. It's telling us that with God, we will have peace in the midst of turmoil and where to focus our thoughts. With this, not only having a firm belief, but also a relationship with God, I have spiritual wellness in my everyday life.”

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

