Academic Wellness and Emotional Wellness: Getting Organized

The organizational skills of a student have a great impact on academic success and an individual’s self-concept. Disorganization increases the potential for a student to receive lower grades, complete fewer assignments, be less motivated, experience greater frustration with school and have lower self-esteem. These negatives can contribute to a variety of other issues such as stress, dropping out, and failing other courses. Although disorganized students are capable of experiencing some successes in school, there is the potential for their struggles to have a profound negative impact on their future. It’s a good idea to create a study timetable because you’re going to have to get up early for your classes. You can use your LancerMail calendar to organize your routine by incorporating your classes, the times you’re going to study and time for other activities. Use only one calendar for all your scheduling. Organization is key to achieving your study goals and exam success at any university. Properly organizing and planning your time can save you a lot of trouble when your exams are approaching.
What is Environmental Wellness?

Environmental Wellness requires key aspects of personal and community responsibilities. It requires our awareness of natural resources such as water, oxygen, fertile soil, plants, and their respective limits. It also requires that we live a life accountable to environmental needs, both in the present and in the long-term, realizing the effects of our everyday habits on our local and global community.

So here are some questions you can ask yourself as you consider if you are engaged in the process of environmental wellness.

- Do I recycle?
- Am I aware of my surroundings at all times?
- Am I conserving energy?
- Can I carpool, or take alternative transportation?
- Do I conserve water?

Here are some tips:
- Have a recycling bin available. If you have one for bottles and cans you can take these to be exchanged for cash.
- Turn off lights when you are not using them, and unplug your devices once they have finished charging.
- Turn off the water when you shampoo or scrub, and turn it on when you need to rinse. Showerheads use about 2.5 gallons of water per minute.
- Carpool to the grocery store or to school when you can, or cycle if you’re close to campus. This will reduce your carbon footprint.

Other Dimensions of Wellness: Environmental Wellness and Financial Wellness
In the beginning of the 20th century, Americans got most of their protein from grains. A century later, protein sources have shifted to include meat, fish, and poultry. In recent years, high protein-centered diets such as the Atkin’s diet and Paleo diet have recommended high protein intakes. However, for the average Joe or Jane, the RDA recommends a protein intake of 0.8 g per kilograms, and should contribute to 10 – 35 % of total dietary intake. Most Americans, get more than 35% of total dietary intake from protein. To find out your dietary needs for protein convert your weight in pounds to kilograms by dividing it by 2.2. Then multiply the weight in kg by 0.8. This will give you the adequate amount of protein you should be eating. To give you a perspective of how much protein you are getting, a palm sized serving of meat gives you between 30 g - 40 g of protein per serving. A bowl of rice and black beans is 21 g of protein, two boiled eggs is 12 g of protein, and a cup of quinoa is 24 g of protein.
Be in the know this January:

**FITNESS FRENZY**

30 MINUTE SAMPLE CLASSES

**WEDNESDAY JAN 6**

12:15 - CYCLE
12:30 - BOXING BOOTCAMP
1:15 - TRX
2:30 - YOGA
4:30 - TRX
5:15 - BODYWORKS + ABS
5:30 - CYCLE

**THURSDAY JAN 7**

9:00 - BOXING BOOTCAMP
9:45 - TRX
12:15 - CSI
3:00 - TABATA CYCLE
4:45 - BODYWORKS + ABS
5:30 - CYCLE

**FRIDAY JAN 8**

12:30 - STEP
2:00 - BOXING BOOTCAMP
2:45 - TRX
3:00 - YOGA
5:30 - CYCLE

APPLICATIONS AVAILABLE 1.11.16
QUESTIONS?
studentleadership@calbaptist.edu

**STUDENT LEADERSHIP 2016-2017**

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APPLICATIONS AVAILABLE ONLINE AT INSIDE CBU
DUE JAN 13