



GANNON

UNIVERSITY

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A newsletter for parents
of Gannon Students

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Seasonal Student Issues

There's a seasonal ebb and flow when it comes to student issues.

Here are a few things your student may be experiencing this month:

- First year students begin to realize college life is not as perfect as they expected.
- Conflicts between friends—both new and old—can occur as students settle into the rhythm of the new academic year.
- Feeling behind in class work and wanting more contact with instructors.
- Anxiously anticipating mid-terms and questioning their abilities.
- People start to show their “true selves”—masks start to come off as students begin to feel more comfortable in their surroundings.

Joke of the Month

Where did the
goblin throw the
football?

answer on 2nd pg.



The Forbidden Freshman 15

For many new students, their greatest fear about college is gaining that unwanted “freshman 15.” Their fear is not unfounded. In a study published this year in Nutrition Journal, nearly one in four first-year students gained at least 5 percent of their body weight—an average of about 10 to 15 pounds—during their first semester. The American Council on Exercise (ACE) believes students can avoid this unwanted weight gain and recently revealed its top 10 fitness and nutrition tips for remaining in good health for the 2009-10 academic year.

According to ACE, it's all about developing and retaining healthy habits such as eating right and staying active. And these habits are helpful to all students. Yes, the first year is filled with uncertainty and many transitions, yet each year of college brings new challenges. If students are equipped with the knowledge they need, they can successfully maintain a healthy lifestyle—whether it's their first year or their last in college.

Here are ACE's top ten tips for avoiding the “freshman 15,” coupled with ideas for how you can help students institute them. These tips are great for all college students!

- 1) Make better nutritional choices.
 - a) Avoid unstructured eating by scheduling time for three meals each day—even if breakfast is just something light, like a piece of fruit or a granola bar, grabbed from your room.
 - b) Remember that everything is okay in moderation. Late-night snacking is fine for example, as long as you don't go overboard.
- 2) Eat three meals per day.
 - a) Don't think you'll “catch up later” by skipping meals mid-day and then eating a bigger meal later on. You won't have the energy you need during the day—and you won't burn as many calories either.
 - b) Make time for breakfast! Studies show that those who skip breakfast are more apt to gain weight.
- 3) Be smart about snacking.
 - a) If you are up late studying and need a pick me up, make a healthier choice by eating popcorn, dried fruit or pretzels.
 - b) Stock your room with healthy snacks that are easy to take on the run.
- 4) Get your sleep.
 - a) It's not impossible to get good, quality sleep in college. With a little discipline, you can get at least six hours of sleep per night.
- 5) Manage your stress in a positive way.
 - a) Seek creative ways to cope that work for you.
 - b) Take advantage of free campus classes on topics such as yoga or meditation.

Students will be looking to you to help them make positive choices this year. Set a healthy example and keep the healthy tips coming to help them make sense of their new environment. It's not always easy, especially for first year students inundated with new experiences.

Safety hazard found in lamps brought to dorm rooms

Per the 2009-2010 Gannon University student handbook, students are not permitted to have any lamp/light that has plastic shades in the apartments or residence halls. Due to fire, damage, facility consideration and accident potential, the university does we do not allow lamps/lights with plastic shades.

In 2007, at the State University of New York at Fredonia in an on campus residence hall, the resident director of the building stated that “the heat from a light bulb of correct wattage in a “5-Light Multicolored Floor Lamp” had begun melting its plastic shade, which was dripping onto the resident’s bedspread. The plastic was also releasing toxic fumes. The Resident Director took the lamp out of the room, and went looking for another one like it that she had seen in another room. She found it, turned it on, and within 15 minutes, the shade from that lamp also began to melt.” Working with the university’s Office of Environmental Health and Safety, the residence hall staff widened its investigation throughout the residence halls and turned up an additional three lamps which failed their safety tests by overheating the shades and causing them to melt. In some cases, the students who kept the lamps in their rooms weren’t aware the lampshades had begun to melt.

The picture on the bottom left is the actual light that burned at SUNY Fredonia.



DO YOU TWITTER?

Are you wondering what this “twittering” is all about? It’s quite likely that your student has talked about Twitter or that you’ve seen reference to it in your daily activities. So what is it?

Twitter is a real-time, short messaging service that works over multiple networks and devices. Essentially, people are able to create an account that allows them to follow the sources most relevant to them and access information via Twitter as it happens. Whether it’s breaking news reports or updates from friends, people can find out what’s happening via the Internet, their cell phone, their Facebook account and more.

Twitter has grown tremendously in the last two years, due in part to its simplicity. There’s not really much to it! Once you’ve created an account, there is very little to manage. Users can choose who they want to “follow” and can access information when they want to.

Twitter is all about connecting people. The program asks only one question: “What are you doing?” Answers must be under 140 characters in length and can be sent via mobile texting, instant messaging or the web. Go ahead and get connected!

Check out the Gannon Twitter page @ <http://twitter.com/GannonUniv>

Important Dates:

**Golden Harvest
Food Drive:**
November 7, 2009.

Advising Day:
November 10, 2009
No Classes

**International
Education Week**
November 16-20.

**Mary, Seat of
Wisdom Chapel:**
Sunday Mass times:
11:00 a.m. and 9:00 p.m.

Joke of the Month Answer:

Over the ghou l ine.