

January, 2009



SJE



Journey



Happy New Year and Welcome Back!

The Spring Semester is here and you are on the downhill slide of the academic school year! By now you are realizing that you CAN be successful here at WVU. Congratulations!

If you are experiencing problems, be sure to talk with your advisor, your professor, or come to see me (my office hours are listed below).

Please be sure to take advantage of the many resources we have which will help to ensure you have a successful year at WVU.

David Stewart
Dean of Students & Associate Vice President
for Student Affairs

Sophomore/Junior Office Hours with the Dean

Each Monday the Dean has set aside office hours from 2:00 – 4:00 p.m. where he will meet with any sophomore or junior who needs to talk with him. Stop in to room 206 Elizabeth Moore Hall to set up your walk-in appointment (do not need to set up the appointment ahead of time)

Have a problem? Contact the Student Advocacy Center:

Kim Mosby
Main Floor, Elizabeth Moore Hall
304.293.5555
Kim.mosby@mail.wvu.edu

SJE Contact:

Sheila (Shyla) Powell,
208 Elizabeth Moore Hall,
304.293.5811
Shyla.powell@mail.wvu.edu

Important deadlines:

<http://www.arc.wvu.edu/admissions/deadlines/spring2009.html>

Friday, January 16: Last day to Register, Add New Courses, Make Section Changes, Change Pass/Fail and Audit, Drop a course without a "W"

Upcoming Events:

Faculty Dinner Series (Free Dinner and Presentation to first 25 to sign up):

- ◆ Tuesday, February 10, Dr. David Stewart will present "Poetry", 6-8 p.m., Mountaineer Room, Mountainlair
- ◆ Tuesday, March 24, Dr. Thomas Kammer will present "Extinction of the Dinosaurs and Why YOU are Here Instead", 6-8 p.m., Hatfields Main Dining Hall, Mountainlair
- ◆ April Presentation will feature Marjorie Fuller, Director of the Center for Black Culture and Research and the date will be announced later

Ice Skating/Pizza Party for sophomores and juniors at White Park in Morgantown - Date TBD

For more details:

http://sophomorejunioryear.experience.wvu.edu/upcoming_events





<http://u92.wvu.edu/>

**Looking for something fun and FREE to do?
Check out Up All Night!
Thursdays from 7-10 p.m. and Friday and Saturday
evenings 7 p.m. – 2 a.m.
A FREE Midnight Breakfast begins at midnight
on Fridays and Saturdays!
Check out this website for a complete listing of what's
happening each weekend!**
<http://www.events.wvu.edu/wvupallnight/index.shtml>



**For events and happenings in your Morgantown community, go to:
<http://www.tourmorgantown.com/dvd.php>**



Better Grades

Exercise

Stress Management

Lose Weight

"Seek the first possible opportunity to act on every good resolution you make."

...William James

Some students avoid eating properly, getting enough sleep, and in general taking care of their health because they feel that every minute spent awake needs to be focused on studying for exams and or hanging out with friends. However, it's unlikely that you will perform very well on exams if you are a "physical wreck." If you are in physically good shape you will be able to concentrate better and remember more information for your exams. By keeping up with a diet and regular exercise you can automatically decrease your stress level.

Here are a few suggestions to help kick off a healthy Spring Semester:

- ✓ **Do not get in the habit of using alcohol, caffeine, medications, drugs or smoking as a means of relieving stress or studying for exams. Alcohol actually increases the stress response by stimulating production of the same hormones the body produces when under stress.**
- ✓ **Visit the Recreation Center and jump on a treadmill. This will work wonders for exam-taking stress reduction and also contribute toward a fit and healthy body.**
- ✓ **Spend enough time sleeping, even if it's only four or five hours before the exam, this will give the brain the time it needs to rest and recharge itself. Alcohol affects the sleep cycle, resulting in impaired learning and memory.**
- ✓ **Add more vegetables and fruits to your diet and lower your intake of foods that are high in cholesterol, sugar and fat. It has been reported that college age students consume enough extra calories from fat and alcohol on each weekend day to gain five pounds yearly. The brain will function much better during exams if you aren't experiencing fluctuating blood sugar levels from eating poorly.**
- ✓ **Alcohol is listed as the worst drink if you want your belly to be flatter. Beer and liquor tend to raise levels of cortisol, a hormone that appears to steer fat toward the tummy.**
- ✓ **Consuming alcohol the night before exercising can result in dehydration, loss of nutrients and electrolyte imbalance.**
- ✓ **Yoga and meditation is a great method of stress relief. After stressful day yoga can help you feel relaxed, calm and energized.**

"Every good that is worth possessing must be paid for in strokes of daily effort."William James

Beat Winter Colds and the Flu with “Super Foods”

One of the best ways to keep your immune system strong and prevent colds and the flu might surprise you: Shop your supermarket’s produce aisle. Experts say a diet rich in fruits and vegetables can help ward off infections like colds and flu because these “super foods” contain immune-boosting antioxidants.

What Are Antioxidants?

They are vitamins, minerals, and other nutrients that protect and repair cells from damage caused by free radicals. This damage plays a part in many chronic diseases, including atherosclerosis, cancer, and arthritis. Free radicals can also interfere with your immune system, so fighting off damage with antioxidants helps keep your immune system strong, enabling you to better fight off infection.

Antioxidant Sources:

Super Foods

Some foods are higher in antioxidants than others. The three major antioxidant vitamins are: beta-carotene, vitamin C, and vitamin E. You’ll find them in colorful fruits and veggies-especially those with purple, blue, red, orange and yellow hues. To get the most benefit of antioxidants, eat these foods raw or lightly steamed; don’t overcook or boil. Here is a list of some of the foods rich in each of these antioxidants:

Beta-carotene: asparagus, beets, broccoli, carrots, green peppers, peaches, pumpkin, squash, spinach, sweet potatoes, and tomatoes

Vitamin C: berries, broccoli, Brussels sprouts, cantaloupe, grapefruit, oranges, red, green, or yellow peppers

Vitamin E: broccoli, carrots, pumpkin, nuts, avocado, and sunflower seeds

Other oxidants that may help boost immunity are zinc, found in meat, seafood, beans, and dairy products and selenium, found in Brazil nuts, tuna, beef, poultry, and fortified grains.

Contact: Netti.freshour@mail.wvu.edu



Child Development & Family Support Services (CDFSS)

<http://childcare.wvu.edu/>

CDFSS is a unit that has been created at West Virginia University to support students who are parents. The Child Care Access Means Parents in School (CCAMPIS) grant from the U.S. Department of Education helps fund these programs and services. Located on the first floor of the Purinton House, CDFSS serves as a central campus location for current or potential WVU students seeking child care information. The office and adjacent family resource center serve as a support system for WVU families to reduce family conflict, stress, and risk factors so they can earn their degrees at West Virginia University.



Drink Recipes to beat the winter's chill!

Warm Milk Tea

2 cups of milk
1 teabag of chamomile herbal tea
1/2 teaspoon of cinnamon
1/2 teaspoon of nutmeg
1/2 teaspoon of honey
drop of vanilla

Simmer on low heat until warm. This is a good drink before bedtime since chamomile is a relaxing drink. Serves 2

Hot Chocolate

2 cups 2% milk
2 tablespoons honey
2 tablespoons cocoa powder

Combine 1 cup milk, honey, and cocoa powder in a saucepan and heat on stove on low/medium heat until honey and cocoa dissolve. Add the other cup of milk. Heat until you get the temperature just the way you like it. Whatever you do, don't boil. Top with whipped cream or marshmallows. Serves 2



Winter Facts Scavenger Hunt

Directions: Use the [links](#) provided to find the answers to the questions. Harness the Back button of your browser to return to this page. If you are using Netscape (on a Mac) hold down the option key as you click on the link. It will open a second browser page with the link's page showing. Close that window by clicking in the box in the left corner of the title bar to see this one again.

1. What is the [coldest temperature](#) ever recorded on earth? Brrr.....

Burrow into this query - What was the coldest temperature recorded in your state?

2. List five kinds of [snow crystals](#).

3. Is [snow edible](#)?

What is a [snowburst](#)? How can they be dangerous?



4. If the wind speed is 20 MPH and the temperature is 5° Fahrenheit what is the [wind chill](#)?

5. How many centuries ago did [people first ice skate](#)?

6. One form of sledding is the luge. What natural force [slows the luge](#)?

7. What is the winter sport of [Skeleton](#)?

8. How fast do they go? Use your online research skills to find the answer.

9. What is the [winter solstice](#)?

10. When was the [most recent ice age](#) in North America?

11. How do [glaciers change](#) the land they cross?

12. What are the [people who control](#) a dog sled called?

13. Name one step to take if [you are caught in an avalanche](#).

14. Hypothermia is defined as when your core body temperature goes below normal for you.

If you are becoming hypothermic you would show the "umbles" signs. [What are the umble signs](#)?

15. Winter is a good time to study glaciology. What is [glaciology](#)?

16. What is the [average snowfall](#) in your area in the month of January? Use the chart to find the closest city in your state.

17. Which city gets the most [snowfall](#) in February?

18. Compare. You go to school in Morgantown, WV. Who gets more snow – Where you live or where you go to school?

19. The prediction of graupel was good news to the winter festival sledding committee. Explain.

(Use your online research skills to develop an answer.)

20. [The curious growth of a snow crystal](#) - make 3 snow flakes. What is a pattern you observe?

"Under the microscope, I found that snowflakes were miracles of beauty; and it seemed a shame that this beauty should not be seen and appreciated by others. Every crystal was a masterpiece of design and no one design was ever repeated. When a snowflake melted, that design was forever lost. Just that much beauty was gone, without leaving any record behind." [Wilson "Snowflake" Bentley](#)

Finished Already?

Try this one - Which would freeze first: hot water or cold water? Now [learn the answer](#) ... Conduct an experiment at home to see if you get the same results.



The SJE (Sophomore/Junior Year Experience) program is designed to meet the needs of sophomore and junior students at WVU.