

## January Article 1 – Getting and Staying Healthy

The new year has begun – and with it, no doubt, the resolutions that we so often make to a change in or improvement to our lives. As your students begin the process of transitioning back to college life for the second half of their first year, resolutions regarding health and wellness take on a special importance as stressors begin anew and students have the opportunity to either reinforce or change unhealthy habits learned in the fall.

For many first-year students, physical health can be an issue, sometimes for the first time in their lives. Free reign of the dining hall, late night eating, and feeling too busy to exercise (not to mention holiday food and home cooking) may lead some students to experience the dreaded “Freshman 15.” Of more concern than weight gain is the potential slide into an unhealthy lifestyle. To combat this, UP offers a number of resources to maintain the physical health of our students; they include:

- [Intramural sports](#) – UP offers intramural leagues such as basketball, volleyball, football, dodgeball, soccer, softball, golf and more. Joining an intramural sport allows students to make friends, compete, and exercise.
- [Outdoor Pursuits Program](#) – Offered through Recreational Services, the OPP offers students activities like backpacking, mountain biking, white water rafting and more, while allowing students to enjoy the beauty of the Pacific Northwest.
- [Howard Hall](#) – Join us for lap swimming in Howard Hall. The pool in Howard Hall is 20 yards long. One mile is 88 laps. Open pool times can be found at the above link.
- [Health and Physical Education](#) – Why not sign up for a 1-credit HPE class such as Personal Fitness, Beginning Weight Training, or Swim Conditioning? Classes such as these can be added to a student’s schedule up through the Friday of the first week of classes, space abiding.

We understand, though, that physical health isn’t the only or even the most important type of health our first-year students need to maintain. Emotional health has a tremendous impact on wellness overall, and second semester freshmen may return to campus with concerns about academic and social readjustment. Academically, students may feel pressure to keep up good grades, or improve them, based on first semester performance. Socially, freshmen may be concerned with returning to friendship or roommate issues not resolved before break, or continuing in the search for a comfortable social group. Regardless, UP also offers a number of resources for students working to improve or maintain emotional health; they include:

- [Learning Commons](#) – UP’s Learning Commons provides resources in math, language, writing, and speech. Brother Thomas Giumenta, the Learning Assistance Counselor, can work individually with students to discuss how to improve study skills and strategies.
- [Peer Mentor Program](#) – The Peer Mentor program is offered through the Academic Resource Center as an opportunity for freshmen to be assisted by upper-level students. Mentors answer questions, resolve problems, and focus mainly on academics. Mentors' skill areas include time management and organization, learning assistance, and registration assistance. If students are placed on academic probation after the first semester, they are assigned a mentor.

- [University Health Center](#) – Counselors at the Health Center are trained professional listeners who are there entirely to help students work through any and all issues they experience in their time here.
- [Student Activities](#) – Encourage your student to begin or continue in his or her efforts to meet new people. Student Activities is a wonderful resource for students looking to get more involved on campus.
- [Leadership Opportunities](#) – Selection for leadership opportunities for 2016-2017 are in full swing. Encourage your son or daughter to pursue a leadership position on campus based on their skills and interests.

So, while we know New Year's resolutions are notoriously hard to stick to, getting and staying healthy holistically is one made easier to keep by utilizing the resources available to your students here at UP!