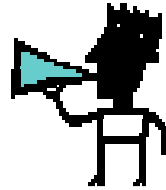


# The Monthly InSTAllment

UHS Health Promotion Office — University Health Service, Room 228 — [www.rochester.edu/uhs](http://www.rochester.edu/uhs)



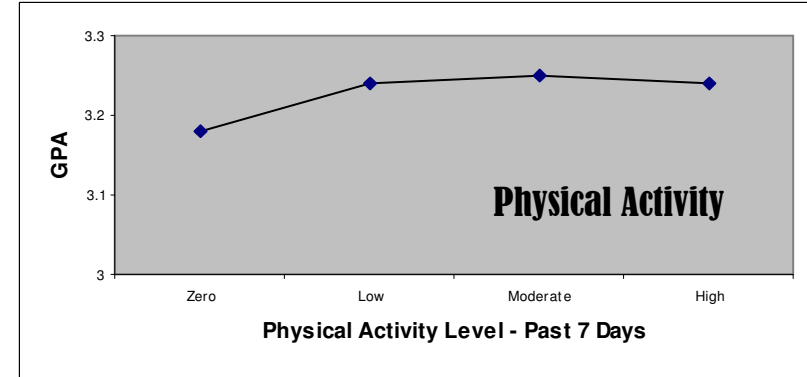
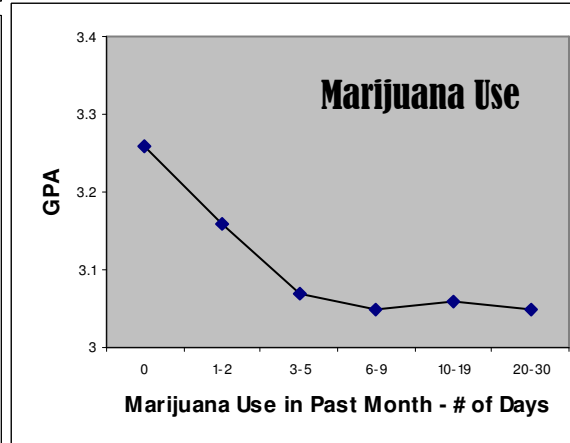
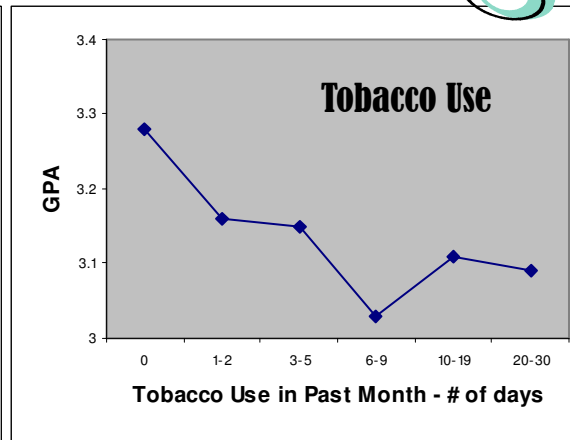
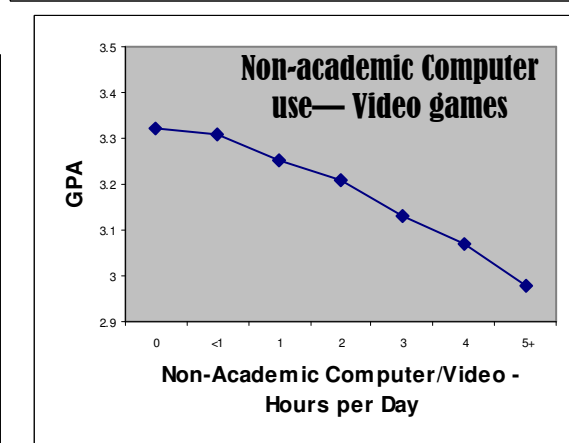
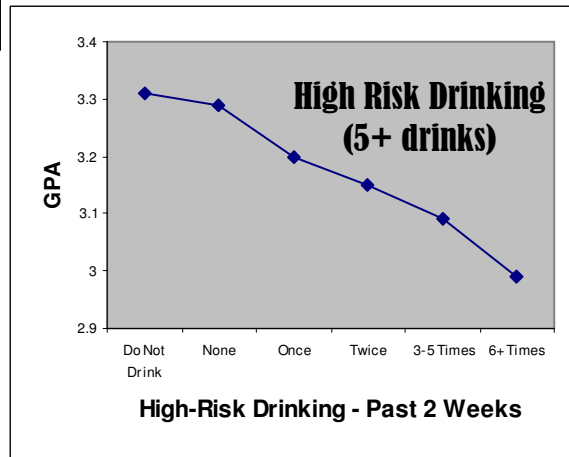
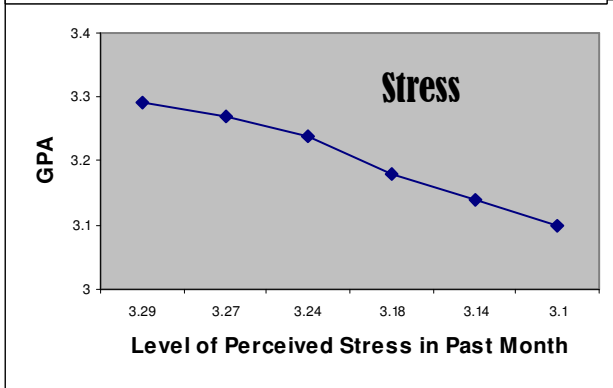
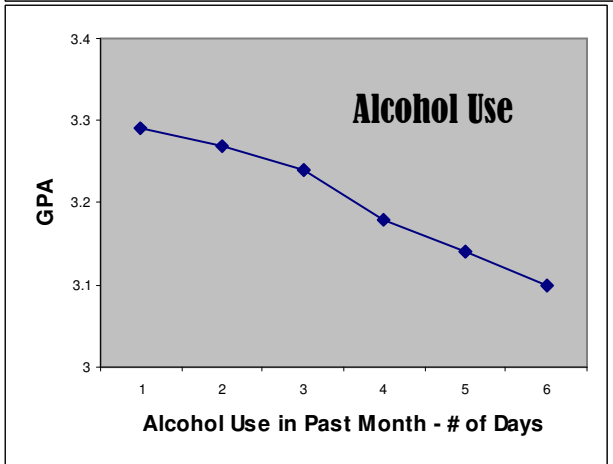
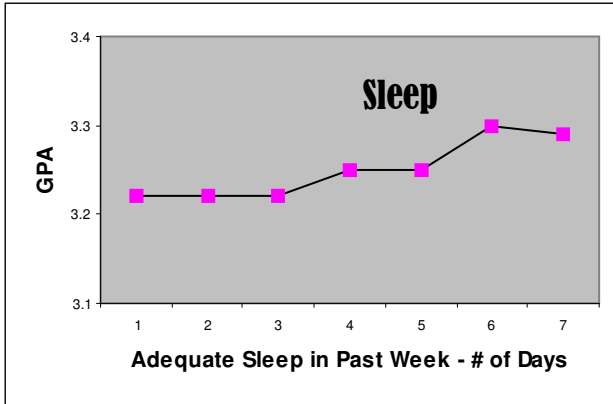
January 2009



## News Flash !

### Good Health = Good Grades

Academic achievement is a high priority for most, if not all, UR students. Did you know that your health can directly impact your GPA? Results from a recent large-scale study show a direct link between college students' health-related behavior and their grades. 24,000 students from fourteen Minnesota colleges and universities were randomly selected for the study, and almost 10,000 completed the web-based survey. Their results are pretty compelling, so take a look...



### Tips for Making a Positive Change

**Nothing succeeds like success:** Set goals in *small increments* which are easily attainable. For example, "I will exercise three times/week for 20 minutes" may be a better starting goal than "I will exercise every day." Show yourself you can do it!

**People-watch:** Observe others who are like you and have made the change you're aiming for. What are their secrets to success?

**Know thyself:** Become aware of your daily behavior and thought patterns to identify the "cues" that "trigger" the behavior you'd like to change. Are there specific activities, places, or people associated with the behavior? What (and who) are your "health-positive" influences? Keeping a journal helps with self-monitoring.

**Go public:** Share your goals with your social network. Ask friends to inquire about your progress from time to time. Join groups with similar goals.

**Reinforcement:** How will you mark and reward the targeted behavior when it occurs? Plan ahead to treat yourself.

**Talk it through:** Verbalizing your intentions for change and getting nonjudgmental advice can be keys to accomplishing your goals. Many campus and community resources are available to assist you, free of charge. For information on where to go for support and assistance, contact Nancy Reynolds, UHS Health Educator, at [nreynolds@uhs.rochester.edu](mailto:nreynolds@uhs.rochester.edu), or 585-273-5772.