

PRESENTING INTERESTING FACTS, FIGURES, AND IDEAS,  
WHILE DISPELLING MYTHS AND HALF-TRUTHS, ABOUT YOUR HEALTH

## GET a life Outside the classroom

While you need to devote time to keeping up your grades, extracurricular activities have many benefits to offer: a way to meet new people, connections that can help further your career, and activities that can help improve your campus. To read all the details, look for the Summer 2011 issue of *Student Health 101*.



### What Do Professors Really Expect From You?

Often, acing a course has as much to do with reading the professor as it does with reading the textbook. Knowing what professors really expect of you and understanding how to best communicate with them can be the keys to both moving your grade up a notch and moving ahead in your career field. Read more in the Summer 2011 issue of *Student Health 101*.



### 5 Rules for Eating Healthy

Want to maintain high energy, be able to concentrate better, and get a great night's sleep? You can do all of that by following the five rules for healthy eating presented in the Summer 2011 issue of *Student Health 101*. While healthy eating goes beyond these five rules, they'll put you on course for all the benefits that come from adopting good eating behaviors.



### FIND THE WORKOUT THAT'S RIGHT FOR YOU

The benefits of working out go beyond just getting into better shape. Exercising helps you reduce stress, sleep better, and regulate your metabolism. But even if you do get the chance to work out, it can be hard to find a fitness routine that you enjoy and that helps you achieve your specific goals. So before your next workout, work in time to read the Summer 2011 issue of *Student Health 101* for ideas on finding the workout routine that fits you.



### Making Money LA\$T

The recession, soaring college costs, and all-time high student credit card debt are bringing new meaning to the term "strapped for cash." Reading the article on making money last in the Summer 2011 issue of *Student Health 101* may not put you on the road to riches but it may make the ride less of a roller coaster.



Student Health 101 is brought to you by the UHS Health Promotion Office.

Do you have questions about Student Health 101?

Please contact: Melissa Kelley, [mkelley@uhs.rochester.edu](mailto:mkelley@uhs.rochester.edu).

Want to read more? Check out: <http://readsh101.com/go2rochester.html>

Read *Student Health 101* online and

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