



THE MINDBODY CONNECTION

My Ship is Sailing...But Where's my Crew?

Congratulations! Your hard work in high school has paid off. Your ship is docked on Ohio's North Coast and you are ready for your journey. You are preparing for the trip of a lifetime through the next four years at Case. So what now?



This is an exciting time in your life, full of new opportunities! But, to get to those new opportunities it takes some time and adjusting to a new and strange environment. You may not know anyone else here! First, know that it is okay to feel lonely, scared, and homesick. Everyone feels this way to some degree when they're in a new place. Look around. All new students are in the same boat right now. Use these feelings to motivate you to meet new people.

No matter who you are or what your interests are, you'll find a place to get involved and make friends at Case! There are dozens of groups and organizations from which to choose. Interested in sports? There are over 30 varsity, club and intramural sports programs! Or, be part of an official academic, engineering,

honor, international, ethnic, media, performance, service, political, or religious group or a fraternity or sorority. With all these choices there's no reason to feel alone! There are students with your same interests all over campus!

Where do I start? Ask yourself a few questions and make a list:

- What kinds of things did I do that I liked in high school?
- What things have always interested me but I never had the chance to try before?
- What kind of job or career do I want?

After you make your list of answers to those questions, put them in order of highest interest to lowest. Now, match your top interests with groups from the list at <http://www.cwru.edu/studentorgs/undergradorgs.htm>. Click on the link to web sites of groups that match and see when they meet. Finally, go check one out. They'll be glad that you came. Have fun!

Even though there are so many groups to join, students can still feel lonely and isolated. If you find yourself feeling this way, again you're not alone. Get in touch with someone at the University Counseling Services at <http://www.cwru.edu/stuaff/ucs> or the Center for Collegiate Behavioral Health at <http://www.cwru.edu/stuaff/mind-body>. It's free and confidential and they'll be glad to help out. Have fun and enjoy the cruise!



In This Issue

My ship is sailing

Rob Davis, RN, Nancy Kaser, RN & Sheryl Sandahl, RN

To Do Or Not To Do

Based on submissions by Brenda Russell, RN, Deborah Kiska, RN & Mary Beth George, RN

25 HOURS IN A DAY

Jason Little, RN, Paul Kohanski, RN, Rupa Agrawal, RN & David Holloway

bulletin board, beside your mirror, etc.

- Review and revise your goals as your needs and desires develop and change.
- When faced with a decision, ask yourself, "Will this matter in a week, a month, a year?" Don't waste too much energy on things that are inconsequential. Instead, use your time and energy on those things that help you achieve the goals you have set.

For more information on goal-setting, visit <http://www.mindtools.com/page6.html> or <http://www.smc.qld.edu.au/goals.htm>

To Do Or Not To Do - The Power of Goals



Every person faces choices and makes decisions every day of his or her life. In order to make the best decisions for our futures, it is crucial to base these decisions on your GOALS.

What goals have you set yourself? Where do you want to be in 2 years, 5 years and 10 years from now? Now that you are on your own at college, you have great opportunities to

establish new goals, both short-term and long-term. You control your destiny. How well you take advantage of educational opportunities and how you apply new knowledge and skills plays a large part in shaping that destiny.

Should college be all work and no play? Of course not! There are incredible opportunities to get involved in fun and stimulating extracurricular activities on campus. However, always ask yourself how these activities can help you reach your long-term goals and choose them accordingly.

Here are some simple tips on establishing and using your goals to guide your daily decision-making:

- Establish your goals based on your values - the things that are important to you and guide your behavior.
- Make a list of goals and put it in a visible place: your student planner, your study area

25 HOURS IN A DAY

Effective time management is an essential component of undergraduate student success. Difficulty in accomplishing your goals in a timely fashion may leave you frustrated and confused. Follow these helpful tips, which you can individualize according to your own lifestyle in order to keep time on your side.

Prioritize

Differentiate among those activities that are urgent, important, and non-essential.

Use a Planner

Consistently keep track of your daily activities in a manner that works well for you, like a date book or PDA.

It's OK to Say No

Don't bite off more than you can chew. As a student, you have many opportunities to be pulled in different directions including athletic, academic, political, voluntary, and personal.

Be Flexible

Open to rescheduling personal commitments. Saying "No" doesn't mean "Never" – Remember you are a student first.



Evaluate and Modify

Periodically assess your time strategies, and if your plans aren't working out, try some others.

For More Information on time management, visit

<http://www.cwru.edu/finadmin/humres/eddev/ease801.pdf> or

<http://gradschool.about.com/cs/timemanagement/a/time.htm>

Think "Big Picture"

Concentrate on the job at hand as opposed to minor details. This will assure completion of tasks in a timely manner.

Know Your High Energy Times

Pay attention to times you are most alert. Allot those times to complete urgent and important tasks.

Include "Down Time"

Personal time is important for mental rejuvenation and relaxation. Effective time management will allow you to control your school responsibilities so that these responsibilities don't control you.



Special Thanks go to Dr. Peg Heinzer and the students of the Frances Payne Bolton School of Nursing for their contributions to this edition.

Talk To Us!

For more information or if you would like to see a specific topic presented in this newsletter, please email william.hale@case.edu

For any other questions or comments, please e-mail Collegiate Behavioral Health at mind-body@case.edu

Collegiate Behavioral Health
Health Services, 2nd Floor,
2145 Adelbert Road
216-368-2510
Monday - Friday, 8:30 - 4:30

University Counseling Services
Sears 201
216-368-5872
Monday - Friday, 8:30 - 5:00

Recovery House

The UCS & CBH are proud sponsors of Case's Recovery House; a residence for students in recovery from alcohol and other drugs. For more information about this alternative housing option email us at RecoveryHouse@case.edu



New Healthy Choices Clinics at Collegiate Behavioral Health!

Alcohol & Drug Clinic: What Is Right For You?
Tuesdays 2:00 - 4:00 pm

Anxiety & Stress Management Clinic
Fridays 2:30 - 3:30 pm
Meditation Group: 330 pm

Healthy Sleep Clinic
Fridays 10:30 to noon

Call 216-368-5872 or 216-368-2510

Health Education Fund Application

The Health Education Fund of the Center for Collegiate Behavioral Health is a dedicated fund for the promotion of health education at Case Western Reserve University. Financial support for programs, media, speakers and/or classroom presentations which are designed to educate and inform our students of health and mental health information will be considered for partial or full funding. Proposals which illustrate collaborative efforts between and among university organizations and departments will receive priority. Applications are available upon request by emailing The Center for Collegiate Behavioral Health at mind-body@case.edu



Center for Collegiate Behavioral Health Mission Statement

The Center for Collegiate Behavioral Health promotes a university environment dedicated to the development of healthy life practices.