

# Life Skills Newsletter



“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.”

-John Wooden

Questions or Comments?  
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## A New Start and a New Challenge

Whether you are a returning upperclassman or a new student, the beginning of a semester is always a great opportunity for a fresh start—are you up to the challenge? Create new habits such as eating breakfast or completing all your study hall hours during the day. Break free of your comfort zone and make new acquaintances in your classes. Take the opportunity to try new study habits such as not using IM while typing a paper or do your homework in a study lounge. If you have an open mind, you might surprise yourself with some new habits and tricks that make school more manageable.

## Important Dates

September 15: Last day for adding without a charge and dropping without a “WD”

October 13: Columbus Day—NO CLASS

October 14: Classes resume; follow Monday schedule

October 22—Mid-semester grades; last day for submission of course work for Incomplete grades from Spring 2008

November 7: Last day to elect Pass/Fail option

November 26-30: Thanksgiving recess—NO CLASS



## Laughter, Humor and ... Health?

There is a reason behind the phrase “laughter is the best medicine”. In addition to bringing joy and amusement, laughter produces health benefits. A good hearty laugh can:

- Reduce stress
- Lower blood pressure
- Elevate mood
- Boost your immune system
- Improve Brain Functioning
- Protect the heart
- Foster instant relaxation
- Enhance our ability to connect with others
- Make us feel good!!!!

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### COLLECTIONS!!

- Toiletries from road trips for the Amos House will be collected throughout the semester.
- The Baby Shower runs from November 15–December 15

For more information, please contact your SAAC representative.

## Career Events on Campus

- **Accounting and Finance Fair, Sept 25**  
5-7:30pm, '64 Hall
- **Recruiter Panel, Oct 1**  
5:30pm, Slavin 112
- **Career & Grad School Fair, Oct 15**  
5-7:30pm, '64 Hall
- **Major/Minor Fair, Oct 29**  
1:30-3:30pm, Slavin Center, '64 Hall
- **Internship Showcase, Nov 3**  
6-7:30pm, '64 Hall

## Party Smart!\*



Yes, the semester has started, and all your friends are on-campus. The excitement in the air is contagious. But rather than get caught up in the celebrations, you should remember to plan ahead and party smart.

Partying smart is not a contradictory term. Rather, it is a responsible approach to having fun without endangering yourself or anyone else. Here are some suggestions to reduce the chances you'll be hurt, arrested, or wildly embarrassed:

- Come together, leave together
- Know your surroundings
- Follow your instincts
- Respect your neighbors and

their property

- Do not attend a party unless you know the host
- Leave valuables at home—carry only money and your ID
- If you are hosting a party, lock the doors to your bedrooms and store valuables
- Stay off all roofs and any balcony that's crowded
- Do not argue with cops, security guards, or residential directors.

*And if you are drinking...*

- Know and obey the law— 21 is the drinking age!

- If you are drinking alcohol, also eat food.

- Know the symptoms of alcohol poisoning—get help if someone is in trouble

- Pick a designated driver prior to the start of the evening

- Get your own drink and if you put it down, do not drink it

- Never drink within 48 hours of competition

*And remember...*

- Make good decisions so as not to embarrass your family or PC

\*For more information on the Party Smart program, please visit [www.partysmart.osu.edu](http://www.partysmart.osu.edu)