



Family MATTERS

Spring 2008

A MESSAGE FROM ORIENTATION & FAMILY PROGRAMS

The Office of Orientation & Family Programs is happy to provide you with this newsletter as a way of keeping you informed about what is happening at UNCG. This edition focuses on student wellness. There are many components to wellness, including emotional, occupational, physical, social, intellectual, and spiritual. Each article spotlights a different aspect of wellness and the resources available to help your student achieve balance and overall well-being while at UNCG. Our office

is here to assist you as you support your UNCG student. If you have any questions, please do not hesitate to contact our office either by emailing us at families@uncg.edu or calling (336) 334-5231. We wish you and your student all the best as this academic year comes to a close. Congratulations to those who are graduating!

~ Ms. Megan Moore, Assistant Director,
Orientation & Family Programs

BATTLING THE “FRESHMAN 15”: THE EFFECTS OF EXERCISE ON COLLEGE-AGED WOMEN

A person doesn't need to be a health expert to know that obesity rates have increased rapidly over the past several years. This has occurred in all age groups, including the college-aged. While the “Freshman 15” may be a bit inaccurate for most people, a recent study conducted at Brown and Purdue Universities reported that students gained an average of seven pounds over their first year of college with additional weight being gained as they continued through school.

While exercise has long been recognized as a means to help control body weight, there is still debate over the optimal amount of exercise to control obesity and the risk of diseases associated with it, such as cardiovascular disease (CVD) and diabetes. Oddly, most research examining exercise's effect on the risk for various diseases has been performed with either middle-aged subjects or children, while the college-aged person has been largely ignored. In addition, fewer studies in this area have involved women. Faculty and students in UNCG's Department of Exercise and Sport Science are currently conducting a study, sponsored by the National Institutes of Health, to examine the effects of exercise amount (specifically, the daily duration of moderate-intensity exercise) on several CVD and diabetes risk factors in overweight and obese young women.

Concerning body weight, preliminary results from this study are both expected and unexpected. As expected, exercise affects body weight. However, the exercise treatments have tended to have more of a weight-stabilizing effect than a weight-loss effect. On average, over a six-month period, young women exercising 30-60 minutes per day (five days per week) have gained approximately two pounds while those in a non-exercising control group gained about six. This differs from studies of middle-aged adults in which exercise typically results in modest weight-loss. The reason for this difference is most likely due to the more rapid weight gain usually experienced in young

adulthood. A reasonable take-home message from these results would be that young people needing to lose weight should smartly reduce the calories in their diets *in addition* to increasing their physical activity levels.

While most women in this study have not lost a significant amount of weight, the exercise may still result in psychological benefits. Young women exercising for one hour daily have reported greater improvements in body satisfaction than women exercising 30 minutes. In addition, women completing the exercise programs have reported fewer symptoms of depression than the non-exercisers. Since the opportunity to lose weight has been a driving factor for many women to participate in this study, it is encouraging to see that positive changes can occur in the absence of weight-loss.

Finally, as is the case with many research projects, we have had a fine group of graduate students helping with this study. However, we have also had the fortune of having several undergraduate students involved in the project, including five Undergraduate Research Assistants sponsored through UNCG's Office of Undergraduate Research. As part of this experience, every student has presented a small part of the study at the University's annual Undergraduate Research Expo. Furthermore, two students have made state-wide presentations, including one at the State Capital last year. In addition to being exposed to research, these students have gained important practical experience working with human subjects, which has carried over into fitness careers and allied health professional programs (physician assistant and occupational therapy). As educators and researchers, this has been most rewarding.

~ Dr. Paul G. Davis, Associate Professor,
Department of Exercise & Sport Science

Dr. Jennifer L. Etnier, Associate Professor and
Interim Department Head, Department of
Exercise & Sport Science

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THE COUNSELING & TESTING CENTER

The Counseling & Testing Center staff is glad that your student is attending UNCG, and we appreciate the opportunity to share information to help your family have a positive experience in college. This article will provide an overview of our services, and in future newsletters we will share information on mental health and student development issues that students may face.

“College—it’s the time of your life, nothing but fun and not a care in the world.” How many of you have heard someone say that? College can be a lot of fun as well as a rewarding and exciting time of growth and learning. However, we know that college life can also be extremely stressful for students. The Counseling & Testing Center provides a wide range of counseling and psychological services to help UNCG students build skills for managing a variety of stressful situations they may encounter. The services include: individual therapy, group therapy, crisis intervention, psychiatric services, outreach, consultation, and training. Our services encourage, support, and challenge exploration and development in ways that allow students to take advantage of personal, professional, and educational opportunities at UNCG. Our professional staff includes licensed psychologists, counselors, and clinical social workers as well as graduate interns.

The Counseling & Testing Center staff provides individual therapy to help students benefit from their college experience by enhancing their psychological health and personal effectiveness. Therapy is a unique, confidential, and collaborative relationship between a trained helper and a person seeking help in which the skills of the helper, the atmosphere created, and strengths of the person seeking help work together to facilitate positive changes. Many people, including

highly successful ones, find significant benefits from therapy as they navigate periods of turmoil in their lives or work to enhance their quality of life. Therapy services are available to currently enrolled UNCG students for no additional charge. Our therapists provide individual, couples, and group services, in a confidential and affirming environment to help students address a diverse range of mental health, developmental, and situational concerns.

To set up an initial session, students walk in to The Counseling & Testing Center and complete Intake Information Paperwork. The student’s information will be reviewed by a therapist, who may speak with the student then and/or help him or her schedule an appointment with a member of our clinical staff. Emergency services are available by calling or coming to our office during business hours or contacting the UNCG Police at their 24-hour number, (336) 334-4444.

The Counseling & Testing Center office hours are Monday through Friday from 8:00am to 6:00pm. Our telephone number is (336) 334-5874. Your student can call or stop by our office, located on the second floor of Student Health Services on campus, for further information. Information is also available on our website at www.uncg.edu/shs/, including a description of our Lunch & Learn outreach presentation series. We hope your family has an excellent experience at UNCG, and please let us know if we can be of assistance!

~ Dr. Bruce Lynch, Director, Counseling and Testing Center, Student Health Services

IN HELPING YOUR STUDENT PLAN FOR A CAREER, PACE YOURSELF

Students frequently indicate that their reason for coming to college is “to get a better job.” Yet they often don’t take the steps needed to achieve this goal. What gets in the way? Sometimes it’s fear of making the wrong decisions – or ignorance of the steps needed – or just getting busy with classes and part-time work, or social activities, TV, computer games, etc. Sometimes it’s the nagging trepidation (and misperception) that choices they make will bind them until retirement.

To get on track, students should consider what kind of work will suit them best, determine how to get the appropriate education and experience, and plan for a successful job search. If taken in “small bites,” this sequence of career development activities can be more manageable and students will gain confidence. When these steps are avoided until graduation, stress is increased and the outcome may be less satisfactory.

In order to find a satisfying job after graduation, students should begin the process during the freshman year by exploring fields of interest and learning about available resources. During sophomore, junior, and senior years, they should become actively involved in career exploration through on- and off-campus activities and develop specific skills needed in the workforce, particularly in their areas of interest. During senior year, students should develop and implement job search skills. The Career Services Center (CSC) can provide individual counseling and resources for each step along the way. We encourage students to start early and make career planning/development an integral part of college life. Here’s what we recommend for students:

FRESHMAN YEAR

- Visit the CSC to learn about our resources.
- Explore majors and related careers of interest. An appointment with a career counselor can help.
- Talk to sophomores, juniors, and seniors about their majors, career goals, and jobs. Be proactive! Learn from others.
- Consider a summer or part-time job where you can test some field of interest (for example, daycare if you’re interested in child development). Check out part-time jobs on *SpartanCareers*. Attend the *Part-time Job Fair* in August and the *Part-time and Summer Job Fair* in February.

SOPHOMORE YEAR

- Take CED 210 (Career and Life Planning), a course that offers an in-depth self-assessment and helps you explore career options.

- Get involved in student organizations, a part-time job, or volunteering. Begin developing transferable skills (leadership, teamwork, etc.) that employers seek. If you have specific plans, focus on gaining related skills.
- Talk with people currently employed in your area(s) of interest to explore careers and gain helpful information and advice. *SpartanCareers Mentor Network*, available on the CSC website, includes alumni, parents, and friends representing diverse career fields who offer to share their career experiences by email, phone, or in person.
- Shadow a professional to experience his or her career firsthand.
- Begin or revise your resume. Make an appointment or stop by CSC during drop-in hours to get help.

JUNIOR YEAR

- Select electives to develop skills employers seek, such as writing, public-speaking, and computer skills. Also consider courses related to your specific goals.
- Use *informational interviews* to identify potential internship sites, explore fields of interest, and expand your knowledge of employment opportunities.
- Schedule a practice interview at the CSC to prepare for internship and job interviews.
- Complete a career-related internship or plan for one in your senior year. Visit the CSC for help.
- If graduate school is required for your chosen field, begin exploring programs of interest by contacting them directly and talking with your professors. CSC counselors can assist in this process.
- Continue to update and improve your resume.
- Begin narrowing your focus as you consider career options.

SENIOR YEAR

- Make an appointment to meet with a career counselor for help with the job search process.
- Register online on *SpartanCareers* at www.uncg.edu/csc to qualify for on-campus interviews and to include your resume in a database for employer viewing.
- Polish your resume with help from CSC.
- Sign-up for on-campus interviews. Study available employer information prior to interviewing.
- Attend career fairs in the fall and spring.

- Schedule a practice interview with a CSC counselor to prepare for the real thing.
- If considering graduate school, be aware of application deadlines.
- Take advantage of all your resources.

Wherever your student is in the career planning process, provide encouragement and remind him or her to utilize UNCG Career Services.

~ Ms. Donna Seckar, Director, Career Services Center

BRAIN BITES: MINDFUL EATING TIPS FOR HEALTH AND MENTAL PERFORMANCE

No doubt, the demands of college test the time management skills of students. Unfortunately, in the whirlwind of responsibilities, sleep, exercise, and healthful eating habits often lose priority. These behaviors are sacrificed as “luxuries” and are barely recognized as necessities. The concept of wellness is perceived as a value in the prevention of some disease in the distant future. Students (particularly the millennial generation) may not consider this as they search for immediate rewards.

Healthful eating habits do offer immediate rewards. Such benefits include: increased energy, focus/concentration, productivity, problem-solving, and mood enhancement. The following tips can be helpful in promoting health and mental performance.

Keep snacks on hand. Healthy snacks can be an easy way to stay fueled throughout the day. They can also serve as a quick breakfast on a rushed morning. When you plan ahead and keep food easily available, you’ll be less likely to attack the vending machine. You may want to invest in a cooler bag and ice pack to safely carry perishable snack items. Here are some ideas:

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|-----------------------------------|---------------------------------------|
| • Granola Bar (low-sugar) | • Unsalted Peanuts + Craisins® |
| • 1/2 Peanut Butter Sandwich | • Whole Wheat Crackers + Hummus |
| • Yogurt + Cheerios | • Vegetable Sticks + Ranch Dip |
| • Walnuts + Banana | • Baked Tortilla Chips + Salsa |
| • Cottage Cheese + Pineapple | • Natural/Light Popcorn |
| • Graham Crackers + Peanut Butter | • Rice Cakes (flavored or plain) |
| • Fig Bars (whole grain) | • Sunflower Seeds |
| • Whole Grain Crackers + Avocado | • Trail Mix + Raisins |
| • Cereal Bars (low-sugar) | • LowFat String Cheese + Apple Slices |

Eat every 4 hours. To maximize brain power, include regular meals (3) and snacks (1-3) every day. Eating every four hours will help prevent a decline in concentration, overeating, and the irrational hunger that promotes poor food choices. Skipping meals can also damage your metabolism and contribute to unhealthy weight gain.

Balance your plate. Carbohydrate is the primary/preferred source of fuel for the body, especially the brain. Protein helps maintain energy levels and keeps you feeling fuller longer. Healthy fats make food more appetizing and keep your body working properly. Mix all three at every meal.



Balanced plate image was re-printed with permission from the dietitians at Duke Student Health Services; March 17, 2008.

- Fruit = fresh or canned in own juice
- Vegetables = raw or steamed
- Grains = bread, rice, pasta, cereal, crackers (*whole grain is recommended*)
- Healthy Fats = plant oil, olives, nuts, seeds, avocados
- Protein = chicken, turkey, fish, eggs, beef, cheese, yogurt, tofu, nuts

Avoid dieting. Dieting is harmful to the body both biologically and mentally. Purposeful calorie-restriction, and the latest fad --- low-carb eating, cause the body to enter a state of semi-starvation. When the brain is in such a mode, it is difficult to maintain focus and concentration. Dieting also promotes binge-eating and obsessions with food rules that stray from healthful behavior.

Minimize the use of caffeine. The abuse of caffeine is on the rise. Soda, energy drinks, and an increasing number of candy/snack bars are found in abundance all over campus. In the face of a sleep-deprived student who has no time for regular meals and exercise, it is a dose of needed energy. However, it is a false sense of energy that leaves the body depleted. When combined with alcohol, it can alter the perception of intoxication and lead to continued drinking. Small doses of caffeine up to 200mg per day is considered reasonable and moderate. Caffeine content of foods and beverages vary.

Examine your budget. It’s no secret, college is expensive. Eating healthy can sometimes require a few extra pennies too. When establishing a budget for the semester, remember to include adequate funds for food (at least \$45 per week). If living on campus, be sure to choose a meal plan that fits your needs.

Get help/stay informed. UNCG students, who have paid their health fee, have unlimited access to a registered dietitian. Located at the Gove Student Health Center, students can make a one-on-one appointment by calling (336) 334-5340.

Learning to balance the demands of life is part of the college experience. Help your student remember the importance of making time for personal health. The good habits your students establish now will help propel them through college and beyond.

~ Ms. Jill Shaw, Nutrition Education, Student Health Center

WE’RE HERE TO HELP!

We are getting into the home stretch for this academic year, so hang in there - the end of the semester is in sight! As we gear up for that final push, all of us in the Office of Housing and Residence Life want to remind you how important you are to the success of your student, both academically and personally.

Strong family relationships provide the foundation for our students as they transition into this next phase of their life. While your continued support and interest in your student’s college experience is essential to his or her growth and development, it is important to be aware of the role the UNCG faculty and staff have as well.

One of the toughest decisions that family members of college students face is what to do when their students encounter a difficult situation while on campus. It is hard to see our students make mistakes or to be uncomfortable or unhappy. Naturally, the first instinct we have is to jump in and fix the problem. Whether it is a roommate conflict, an issue with a professor or staff member, a break-up with a significant other, or something else, issues are going to crop up for your student. But as much as you may want to fix the problem, that may not be the best way to provide support to your student.

Often, student issues are the result of anxiety and stress in the student’s life. When issues arise, you should be supportive of your student, but try not to solve the issue for him or her. There are a number of campus offices staffed with trained professionals whose main goal is the well-being of your student.

Self-responsibility is one of the most important things your student can learn at college, but sometimes your student may need a little help realizing how to achieve this level of maturity. The UNCG staff and faculty are here to help your student develop into a healthy and responsible adult. As long as students take responsibility for their choices and actions, they will find support every step of the way from the UNCG community.

So what should you do if you feel your student is having an issue or problem? The best advice that I can give you is to offer support and reassurance to your student. Tell your student that you are there for him or her and that he or she is not alone.

The other important thing you can do is to remind your student of the resources available to him or her at UNCG. Offices such as Housing and Residence Life, the Dean of Students, and the Counseling and Testing Center are ready and willing to assist in whatever way possible. Through our combined efforts, I am confident that we can provide the best quality of service to your student and help make sure that these last few months of the semester go as smoothly as possible. Remember, if you have any questions or concerns, or if you want to let us know your student needs some assistance, please do not hesitate to contact us at hrl@uncg.edu or 336-334-5636.

~ Mr. Dan Calhoun, Assistant Director for Residence Life, Housing & Residence Life



ON THE WEB AT <http://ori.dept.uncg.edu/families/>

To the Family of:

This document was produced at a cost of \$3595.00 for 12,500 copies (\$.29 each).

Looking Ahead

Spring 2008

April 2-18, Wed.-Fri.	Summer and/or fall 2008 registration for continuing students
May 6, Tuesday	University follows Friday schedule; last day of classes
May 7, Wednesday	Reading Day; Excellence Day
May 8-10, Thurs.-Sat.	Final Examinations
May 12-14, Mon.-Wed.	Final Examinations
May 16, Friday	May Commencement, Greensboro Coliseum

Summer 2008

May 21, Wednesday	First summer session classes begin
May 30, Friday	Deadline for undergraduates to apply to graduate in summer 2008
June 24, Tuesday	First summer session final examinations
June 26, Thursday	Second summer session classes begin
July 4, Friday	Independence Day holiday. Classes dismissed; offices closed
July 31, Thursday	Second summer session final examinations
August 11, Monday	Summer graduation date

Fall 2008

August 19, Tuesday	Fall semester opens
August 19-23, Tues.-Sat.	Orientation, Advising, Registration for all students based on student population and classification
August 21, Thursday	Undergraduate academic suspension appeals deadline, 5:00pm
August 25, Monday	Classes begin, 8:00am
August 25-29, Mon.-Fri.	Late registration and schedule adjustment

August 29, Friday	Last day to change course or course section without special permission; Financial Aid satisfactory academic progress appeals deadline; Last day to drop course for tuition and fees refund
September 1, Monday	Labor Day holiday. Classes dismissed; offices closed
September 1-30	Undergraduate students planning to either declare or change major should do so during this time
September 26-28, Fri.-Sun.	FAMILY WEEKEND 2008, part of UNCG FallFest!
October 6, Monday	117 th Founders Day
October 17, Friday	Instruction ends for Fall Break, 6:00pm; Last day to drop course without academic penalty
October 22, Wednesday	Classes resume after Fall Break, 8:00am
October 22-November 21	Spring semester advising for continuing students, by appointment
October 24, Friday	Deadline for undergraduate students to apply to graduate in December 2008
November 3-23	Spring 2009 registration for continuing students
November 25, Tuesday	Instruction ends for Thanksgiving holiday, 10:00pm
December 1, Monday	Classes resume, 8:00am
December 8, Monday	Last day of classes
December 9, Tuesday	Reading Day
December 10-12, Wed.-Fri.	Final examinations
December 13, Saturday	Tentative official final exam makeup day
December 15-17, Mon.-Wed.	Final examinations
December 18, Thursday	December Commencement, Greensboro Coliseum
December 19, Friday	Tentative official final exam makeup day

PARENT/FAMILY ASSOCIATION

The Parent/Family Association (PFA) is a free resource for you to connect and keep up with what is happening at UNCG. Parents and family members are encouraged to take an active role in the lives of their UNCG college students by taking advantage of this opportunity. To become a member of the PFA, please visit the website, <http://ori.dept.uncg.edu/families/>, and click on the Parent/Family Association link. Once you are a member, you'll receive a PFA window cling and begin receiving our monthly e-newsletter, *Family Connections*, filled with information about various programs and services at UNCG as well as campus events. By joining the PFA, you will also be registered for FAMILYLINK, the University's emergency email notification system for parents and family members.

Have a question, comment, or suggestion? Want to submit an article idea for an upcoming issue of *Family Connections* or *Family Matters*? Send us an email at families@uncg.edu.

THE UNIVERSITY OF NORTH CAROLINA AT GREENSBORO

PARENT FAMILY

A S S O C I A T I O N