Is the freshman fifteen a prerequisite for college?

Adjusting to college life after high school is difficult. There are many things that you have to worry about such as getting along with your roommates, finding classes, making friends and avoiding the dreaded “freshman 15” weight gain. Many students do not realize that the freshman 15 is a myth. Weight gain is not something all incoming or current college students should expect during their college life. There has been conflicting research about the exact amount of weight that students gained in their first year of college, but research has shown that students seem to gain a moderate amount of weight during and after college. There are many important reasons why you should be careful about your diet and physical activity in college, but this does not mean that you are destined to gain weight in college. Always remember that you are in the driver’s seat and that weight gain is not a prerequisite to college. However, if you or someone you know would like help creating a healthy meal plan or tips for controlling weight gain, contact a registered dietitian nutritionist and/or Health Services.


Undergraduate students spend a lot of money—15% drop out for financial reasons. The human body contains enough carbon to produce how many pencils?

The human body contains enough carbon to produce how many pencils?

Source: chemistry.about.com/od/chemistryforkids/a/Fun-And-Interesting-Chemistry-Facts.htm

Student
JENNIFER LIVINGSTONE

Social Norms Campaign

Marauders Making A Difference

Marauders Make Smart Choices!

Campaign

Like us on Facebook:

Source: Data collected from the fall 2013 American College Health National Collegiate Health Assessment completed by 99 Marauder Varsity Athletes. Campaign developed by Marauder Choices student-athlete peer educators.

millersville.edu/chep/choices

Learn more at

Health Services Building. There you can learn how to do a correct self-examination — a skill that will last you for years to come. For more information, contact our wonderful and knowledgeable peer educators, learn alcohol and other drug peer educators.

The brutal social toll on victims. View the Trailer:

Marauders Make Smart Choices!

Marauders Make Smart Choices!

Whether it’s the best of times or the worst of times, it’s the only time you have. Look for the good in each day. Focus on growth, purpose, peace, love and gratitude.” ~Karen Salmansohn

THE FIRST OF:

Marauders Making A Difference

Being Self-Aware, Educated, and Active Bystanders: The “It’s On Us” Campaign and What It Means for You

9/18

9 p.m. • SMC Promenade

8 p.m. • SMC 24

Lambda Chi Alpha “It’s On Us” You’ve Got a Voice Initiative

Sponsored by the Department of Sociology and Student Affairs

Sponsored by CHEP.

Meet the alcohol and other drug peer educators. Learn about the “It’s On Us” Campaign and what the men and women alike. Consent is clear, knowing and voluntary. It is active, not passive. Silence is not consent. Whether it is in words or actions you both communicate that all systems are go for sexual behavior. And remember, just because you receive consent for intercourse once, that does not imply permission to have sex in the future or for bondage or any other sexual activity. And what if she/he consents to sex and then changes their mind? Yes. Frustating, but it happens. No Sex for You! Many sexual assaults involving incapacitation take place where other students see what is happening, yet say nothing. These “ bystanders” have far more power than they realize. When we intervene by taking an incapacitated person safely back to their residence or challenge our friend about their date’s inability to give consent, we make a difference. … a big difference! If you want to know more, contact our wonderful and knowledgeable folks at the Center for Health Education and Promotion (CHEP) at chep@millersville.edu or (717) 871-4141.

 triviaquestion.com

A: In Next Issue of Stall Talk!

Last Week’s Answer: Houston, Texas

Come up with a few health tips to live by for yourself or others around you. Create your plan and begin tonight!

Wellness Wednesdays:

Alcohol and Other Drugs
Sept. 9; Montour House; 11 a.m.–1 p.m.

Sexual Responsibility/Healthy Relationships
Sept. 10; Montour House; 11 a.m.–1 p.m.

Take Back The Night:

Sept. 20; SMC Promenade; 5 p.m.

Wellness Fair:

Oct. 7; SMC Promenade; 10:30 a.m.–1:30 p.m.

Breast-A-Ville:

Oct. 7; SMC Promenade; 10:30 a.m.–1:30 p.m.

Next Week’s Question: What was the first human organ to be successfully transplanted?

Trivia Question

Q: What was the first human organ to be successfully transplanted?

Source: triviaquestion.com

Did you know 1 out of 8 women in our country will get breast cancer? In a survey of 1,100 students taken on our campus in the 2011 spring semester, 75% of MU students stated they knew someone who has breast cancer! Please visit the Diana and Marsha Breast Cancer Awareness Center in the Health Services Building. There you can learn how to do a correct self-examination — a skill that will last you your entire lifetime and could save your life!

Visit the Diana and Marsha Breast Cancer Awareness Center in the Health Services Building. There you can learn how to do a correct self-examination — a skill that will last you your entire lifetime and could save your life!

 “… a big difference! If you want to know more, contact our wonderful and knowledgeable folks at the Center for Health Education and Promotion (CHEP) at chep@millersville.edu or (717) 871-4141.

 triviaquestion.com

A: In Next Issue of Stall Talk!

Last Week’s Answer: Houston, Texas

Come up with a few health tips to live by for yourself or others around you. Create your plan and begin tonight!

Wellness Wednesdays:

Alcohol and Other Drugs
Sept. 9; Montour House; 11 a.m.–1 p.m.

Sexual Responsibility/Healthy Relationships
Sept. 10; Montour House; 11 a.m.–1 p.m.

Take Back The Night:

Sept. 20; SMC Promenade; 5 p.m.

Wellness Fair:

Oct. 7; SMC Promenade; 10:30 a.m.–1:30 p.m.

Breast-A-Ville:

Oct. 7; SMC Promenade; 10:30 a.m.–1:30 p.m.

Next Week’s Question: What was the first human organ to be successfully transplanted?

Trivia Question

Q: What was the first human organ to be successfully transplanted?

Source: triviaquestion.com

Did you know 1 out of 8 women in our country will get breast cancer? In a survey of 1,100 students taken on our campus in the 2011 spring semester, 75% of MU students stated they knew someone who has breast cancer! Please visit the Diana and Marsha Breast Cancer Awareness Center in the Health Services Building. There you can learn how to do a correct self-examination — a skill that will last you your entire lifetime and could save your life!

Visit the Diana and Marsha Breast Cancer Awareness Center in the Health Services Building. There you can learn how to do a correct self-examination — a skill that will last you your entire lifetime and could save your life!