Student Health Services is located in Rich Hall

Student Health Services is committed to the promotion of wellness through health education, prevention, early diagnosis, and treatment of illness. Through a variety of programs, activities, and services, students are encouraged to develop responsibility for their own wellness and health needs.

FINALS EDITION:
Tips for: Stress, Sleep, & Studying

Tips to reduce Stress:

• Get approximately 9 hours of sleep every night

• Make a 24 hour schedule and write in your daily activities
  
  o Make sure to record the hours you plan to sleep and eat first, then enter other activities (studying, exercising, etc).

• Prioritize your activities and stick to your schedule so you do not fall behind and feel stressed out from too much work

• Split studying time into 30 minute segments. For every 30 minutes you study, take a 10 minute break. This will help rejuvenate you and keep you focused.

• Remember to exercise, eat healthy, and take breaks (but stay on a schedule).

Open: Monday to Friday 8:30am – 4:00pm - Campus Box #144 - (570) 321-4052

More information is available at our website: http://www.lycoming.edu/healthservices

Bollinger student health insurance after hours nurse triage # 1-866-525-1955
Starting next fall, Lycoming College Health Services will offer “Fit for 4”, a nutrition & fitness program

- This program will provide information & accountability to students in learning to make healthy life style choices for healthy weight management

- The group will meet once a week to discuss goals, track progress, and learn more about healthy living and tips.

- Obesity has become a national problem in this country. Obesity refers to having an excessive amount of body fat & can be a result of many factors such as genetics, lifestyle choices (what you eat & how you exercise), environment & some medical conditions.

- Being overweight & obese puts you at a higher risk of developing conditions such as heart disease, diabetes, high blood pressure, gall stones, breathing difficulties & certain cancers

- New School Year, New Start!

- Contact Health Services if you are interesting in joining the program
The Secret to a Good Night’s Sleep:

- Establish a regular bedtime and time to get up
- Exercise regularly but avoid strenuous activity three hours before bedtime
- Avoid caffeine within six hours of bedtime
- Avoid alcohol & smoking one-two hours before bedtime
- Avoid naps during the day, if you do nap limit time to 20-30 minutes
- Go to bed only when you are sleepy and use your bed only for sleep not to read, watch TV, etc.

- If you can’t sleep don’t stay in bed tossing, after 15-20 minutes get up and do something else until you are sleepy.

DO NOT STUDY EVERYTHING THE NIGHT BEFORE. Space out the material over a period of a week. Retention and understanding improves this way.

- Study in a quiet place with good lighting. It’s important to study somewhere that emulates testing conditions (Quiet, lack of music, etc). This is shown to increase scores.
- Learn general concepts first. Come back later for details.
- Take study breaks frequently. Studies have shown that memory retains information at the beginning and end of the study periods better than what was covered in the middle.
- Test yourself with the material.

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