

# Sleep

Why is sleep important? College students lead especially stressful and busy lives so it's absolutely necessary to get enough sleep.

1. Sleep helps repair your body.
2. Sleep keeps your heart healthy.
3. Sleep reduces stress.
4. Sleep improves your memory.

If you don't get enough sleep, attention, alertness, concentration, reasoning, and problem solving abilities are weakened. This makes it more difficult to learn!

## How To Get More Sleep

Wind down 30 min. to an hour before you plan on going to sleep. This time allows for your brain and your body to relax.

Listen to some soft music or put on some "white noise" to muffle unwanted sounds.

Take a warm shower. The warm water soothes tense and aching muscles.

Avoid late night exercising and eating.

Avoid caffeine, nicotine, and alcohol. All three can cause restless sleeping and frequent waking.

Write down a list of all the thing that you need to get done, and then tell yourself not to worry about them until tomorrow.

# Recommended Reading

**Making the Most of College: Students Speak Their Minds.** Light, Richard J. Cambridge: Harvard University Press.2001.

**Been There, Should've Done That: 505 Tips for Making the Most of College.** Tyler, Suzette. Haslett, MI: Front Porch Press. 1997.

**Beating the College Blues: A Student's Guide to Coping with the Emotional Ups and Downs of College Life.** Grayson, Paul and Meilman, Philip. New York: Facts on File, 1992.

**How to Get the Most Out of College.** Chickering, Arthur and Schlossberg, Nancy. New York: Simon & Schuster. 1995.



## Need Help Adjusting to College Life?

Health Services

Center of Student Development 220  
(401) 254 3156

Counseling Center

Center for Student Development 200  
(401) 254 3124

# Freshman Survival Skills

Roger Williams University



Health Education Office  
Center for Student Development  
Room 211  
(401) 254-3413

**Stress** has become a factor in everyday life and this is certainly true when it comes to the lives of college students.

About 75-90% of visits to RWU Health Services are due to stress-related illnesses.

From midterm exams to financial worries, college students typically face three kinds of stressors: academic, social, and financial.



## Coping with Stress

Identify your stressors. Realizing what is stressing you out can help in managing those stressors.

Set realistic expectations. Reflect back on everything expected of you and decide if you need to take steps to cut back.

Eat a healthy diet high in carbs and low on sugars and fat and exercise everyday.

Manage your time. Realize that some things take longer than we plan. Figure out a schedule or to do list.

## 10 Steps to Eating Properly

1. Eat a balanced diet: Healthy balance of nutrient-rich carbohydrates, proteins, fruits, vegetables and dairy products.
2. Don't skip meals: Breakfast is the most important meal of the day! It starts your metabolism and gets you going every morning.
3. Don't waste calories on drinks: Drink water or calorie free drinks. If you enjoy juice try watering it down by at least 30%.
4. Eat fewer unhealthy fats and empty calories, foods like: chips, margarine, boxed or frozen food. Cut out foods with no nutrients like white bread and candy.
5. Eat more nutrient rich foods: Foods that deliver lots of vital nutrients to your body like: citrus fruits, dark greens like kale and spinach, grains like brown rice and quinoa and lean proteins like lentils and chicken, and calcium rich dairy products like low-fat cottage cheese.
6. Eat only when you're hungry. Don't just eat because you are bored! However if you are hungry between meals feel free to have a light snack.
7. Eat better portion sizes. Remember that your stomach is about the size of your fist. Counting calories may help make portion control easier. The average adult needs about 2000 calories a day.
8. Drink lots of water every day. Try adding lemon, lime, orange, or even cucumber slices to your water. Eight 8oz glasses of water are recommended per day.
9. Don't eat a huge meal when you go out. Understand that restaurant meals are often way too big. Eat half then, save the other half for lunch the next day. You can even order an appetizer as your meal, so the portion will be more appropriate.
10. Give yourself smart treats. We all deserve a little treat. Try frozen Greek yogurt or strawberries instead of candy.

Coming into College as a Freshman everything is new. Responsibilities lay within YOUR hands and it is important to know the facts so you can live a healthy and engaged lifestyle.

- 50% of college students do not smoke marijuana their freshman year.
- 67% have not smoked in the past year.
- 91% of college students have never tried Cocaine in their lifetime.
- Approximately 240,000—360,000 undergraduate students will die from an alcohol related causes.
- 17% of college freshman report they do not drink alcohol.
- 25% admit alcohol has led them to miss class and/or assignments, and doing poorly on an exam or paper resulting in lower grades.
- It is important to remember who you are and what you want in life, don't get caught up in the party scene.

