



*a health & wellness
newsletter*

Dear John



Health Center Presentation:

Nutrition: "Fast Food Facts"

Monday, April 13th

12 - 1pm, Hunt Lobby

Guest Speaker: Pat Caulkins, RN
(AMC Community Wellness)



**April Contra Dance:
Shake it Up Shakespeare!**

**Saturday April 18,
7:30 - 11:00 p.m.**

Caller: Hershel Nelson
Band: Floor Play

FREE to MBC students with ID,
\$7 gen. public

PAC Dance Studio

Dear John:

I'm not staying for May Term, but I'm a little overwhelmed at the thought of having to pack up everything in my dorm room for the summer!

Answer:

Unfortunately, Mary Baldwin does not offer storage for students to leave items behind over the summer. Some students who live far away enough to have to fly home for the summer often look into renting a storage unit in Staunton so as to avoid driving or flying everything home. Look for other students who live far away, so that you can pair up and rent a storage unit together and share on the costs.

For those students who live in the state or nearby, have to figure out how to get everything home in one piece. Try these handy tips for packing so that you don't have a stressful, chaotic time come exam week:

- Use a Moving Checklist:** Makes yourself a list outlining everything that needs to be done before, and after you leave Mary Baldwin. Check with your RA to find out what responsibilities you'll have before signing out. And don't forget to turn your key into Security!
- Get Rid of Clutter:** Dispose of broken items, old books, old clothing and other items you don't need before you drag them all home. Give usable items to Goodwill or sign up for the MBC yard sale on May 16th!
- Box It:** Get boxes in assorted sizes. Be sure they're clean, in good condition, and have covers so they can be closed and sealed with tape. You can purchase boxes from a moving company, but also ask around at local stores.
- Use the A-B-C System:** Everything you pack does not have to be unpacked the first day you get home. If it contains essential items, mark it PRIORITY A. If the contents are important, but not crucial, mark it B. If the box contains seasonal items (winter clothes, etc.) mark the box C. Then, when you get home, unpack in A-B-C order.
- Wrap it:** You will need plenty of wrapping paper and heavy-duty tape. Newspaper is a good wrapping tool, just be careful not to wrap clothes or fabric items and the inks may dye the items. Kraft paper, tissue, paper and bubble wrap are also good options and can be bought at Wal-Mart.
- Lighten Up:** Boxes can be handled easier if they do not exceed 50 lbs, so keep this in mind while packing.
- Pack Early:** Even if you only pack two boxes a day, over the course of a week, you'll have packed 14 boxes! Start with items you won't need and work your way up to the necessities you frequently use.

Going home for summer break may be hard to get used to since you've been living without a lot of rules all school-year long. Your parents may want you home at a certain time, and may not want you sleeping in until 1pm. To prevent arguments with your parents, **initiate discussion of expectations, compromise in areas, show respect, spend quality time with your family who hasn't see you, and appreciate your parents' concerns.** Remember, they only want what's best for you!

April 2009 Events

April 13: Recreational Yoga. 12 - 1pm, PAC Dance studio.

April 13: Foreign Language Conversation Hour: Spanish. 4pm, Spencer Center.

April 14: Foreign Language Conversation Hour: French. 3pm, Spencer Center.

April 14: Softball game v. Randolph College. 3pm, Softball Field.

April 15: Foreign Language Conversation Hours: Japanese at 3pm and Arabic at 7pm, Spencer Center.

April 16: Term IV ends

April 16: Al-Anon Meetings. 6:30pm, Administration Bldg Room 208.

April 17: Reading Day

April 17: VWIL Event: SMA Reunion Parade. 4pm, PAC Field/Track.

April 17: Study Aboard Pre-departure Orientation. 2 - 3pm, Spencer Center.

April 18: BPB Event: Late Night Series. 9pm - 12am, Nuthouse.

April 20-27: Exams for On-Campus Classes

April 20 -21: MFA Acting Production. Blackfriar's Playhouse.

April 23: Al-Anon Meetings. 6:30pm, Admin. Bldg Room 208.

April 28: Pre-May Term Break

April 29: May-Term Begins

April 30: Thursdays on Tyson Terrace. 5 - 8pm, Tyson Terrace.

Final Exam Study Tips

- ◆ **Find out about the exam:** How much is it worth to your final grade? What type of exam is it: multiple choice, essay, open book?
- ◆ **Ask for help:** Don't feel bad to ask your professor, TA, or classmates.
- ◆ **Sort out your subject material:** It may help to write out your own summaries of textbook chapters.
- ◆ **Check Old Tests/Quizzes:** Familiarize yourself with the professor's testing procedures and look to old assignments for clues as to what might be on the final.
- ◆ **Know Where To Go:** Make sure you have your exam card and know where to pick up your final exams.

During the Final Exam...

A great tip for any exam is to break the questions down to make sure you really understand what you're being asked.

1. The difference - what are some of the distinguishing factors between the two items?
2. Explain - give reason to show how or why something is the way it is.
3. List - Items need not be written in full sentences or paragraph format.