

Student Support Services

the aSSiStant

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Have You Heard?

SSS Alum and Current Counselor Vivian G. Lama (Mama Lama) was awarded a Master's Degree in Secondary Education at WVU's December Convocation!

SSS Alum Vivian Lama (little Vivian) became engaged to Josh Judy under a sky of fireworks at Disney World on 2.12.09!

CONGRATULATIONS!



SSS Participant
Jason Zuccari

Zuccari Elected WVU Student Body President

SSS Participant Jason Zuccari has been elected to serve as West Virginia University's 2009-2010 Student Body President.

Jason is a Junior Multidisciplinary Studies major from McLean, Virginia. He has been involved in campus politics throughout his tenure as a student at WVU.

Jason ran on a platform of smart spending, increasing student access to public transportation and parking, upgrading WVU's technology services, providing students access to health and wellness resources, protecting student safety, and addressing rising textbook costs.

Currently, Jason serves as a member of the SGA Board of Governors, and as a coordinator for the Sophomore-Junior Year Experience Program. As a student, Jason has been a member of the Sigma Alpha Epsilon Fraternity, University Veterans Task Force, and is a founding member and group advocate for Students with Disabilities.

CONGRATULATIONS!

"Being elected WVU Student Body President is an amazing opportunity. This is an exciting time for WVU, and I'm extremely proud to be part of it. I am especially looking forward to working with incoming President Clements to address the needs of the student body and the community."

Fall 2009

Seniors (89+ Hours)	Tuesday, March 31st at 7:00 a.m.
Juniors (59-88 Hours)	Tuesday, April 7th at 7:00 a.m.
Sophomores (29-58 Hours)	Tuesday, April 14th at 7:00 a.m.
Freshmen	Tuesday, April 21st at



Keep the Peace

The last month of the academic year can be a challenging and stressful time for students. Anxieties rise because students are worried about things like

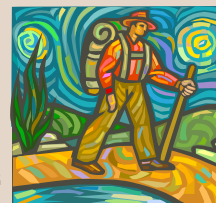
final exams, finding jobs, moving back in with parents for the summer, and graduation. In addition, year-long tensions with friends and roommates may finally be reaching the breaking point.

Don't let stress turn minor squabbles with your roommates, friends, and family into heated arguments. Use the following tips to "keep the peace" the next time you find yourself in the middle of a tense situation.

- **Talk softly.** How you say something can start an argument quicker than what you say. If you remain calm it will be easier to get your point across.
- **Say "I feel" when you want to talk about a problem.** "I feel upset when you leave your dishes in the sink" is much less threatening than "You're so lazy. You never do anything."
- **Negotiate.** Figure out what you can afford to give up to still get most of what you want. Once the person on the other end realizes you are willing to compromise, the more reasonable he or she is likely to be.
- **Concede.** "You're right and I'm wrong" can work wonders, especially when it's true.

Source: *Hope Health Letter—April 2005*

DIY Outdoors



Looking for outdoor recreational opportunities in the Morgantown area to occupy your time this spring? If so, look no further than WVU's "Morgantown Do-It-Yourself Outdoors" website at www.wvu.edu/~diyoutdoors/.

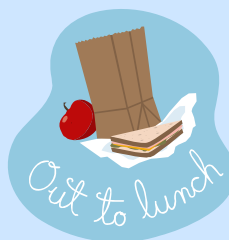


Morgantown DIY Outdoors is a web-based resource created for the WVU community. Its purpose is to provide information about nearby outdoor recreation resources. Morgantown is a mecca for outdoor enthusiasts. Don't miss out on the opportunity to take advantage of West Virginia's amazing hiking, biking, skiing, rafting, caving, canoeing, and backpacking opportunities that are right outside your door!



If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.

~Anne Bradstreet~



You're Invited to the Spring Cultural Luncheon

Tuesday, April 7th from
12:00-2:00 p.m.

Room 112 Gaskins House

RSVP to 293-6629 beginning 3/31
Food from Mediterranean Deli will be served!

Nutrition Facts

Serving Size 8 fl oz (240 ml)
Servings Per Container 8

Amount Per Serving

Calories 100 Calories from Fat 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Cholesterol 10mg **3%**

Sodium 130mg **5%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 8g

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0%

Vitamin D 25%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Lowfat milk, vitamin A palmitate, vitamin D₂

Sample nutrition label

NUTRITION LABELS 101

Learning to read nutrition labels is one of the smartest things you can do for your waistline and your health. Use these tips the next time you find yourself roaming the aisles at your friendly neighborhood grocery store!

THINGS TO CHECK OUT:

- ◇ **Serving Size.** Don't let a small bag or bottle size fool you! Most pre-packaged foods contain more than one serving.
- ◇ **Total Calories and Calories from Fat per Serving.** Individual calorie needs do vary. However, in general, women should eat around 1800 calories per day, while men should eat around 2200.
- ◇ **Total Fat, Saturated Fat, Trans Fat.** Keep your total fat intake under 60 grams per day. Try to limit trans fats to 2 grams per day and saturated fats to 14 grams per day.
- ◇ **Cholesterol.** Try not to eat more than 300 mg of cholesterol in a day
- ◇ **Sodium (Salt).** You should eat less than 2300 mg. A healthy packaged food contains between 300 and 350 mg of sodium per serving
- ◇ **Total Carbohydrates.** Limiting carbohydrates can be very important for individuals with diabetes.
- ◇ **Sugar.** The less sugar you eat, the better off you'll be!
- ◇ **Dietary Fiber.** Individuals should eat between 25 and 30 grams of dietary fiber per day to keep your stomach and G.I. tract in tip top shape!



Pay attention to a food's ingredients! The ingredients are generally printed somewhere near the nutrition label. When you find the list, remember: Ingredients are listed in descending order by weight. This means that if sugar is the first ingredient, the food probably has A LOT of sugar in it. If a product says its made from "whole grain," be skeptical. Look for whole grain products with the words "100% whole grain" listed in the ingredients list. Search out foods made with olive, canola, or nut oils. Avoid foods made with "hydrogenated" oils. "Hydrogenated Oil" is the fancy term for the nutritional enemy "Trans Fats."



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STUDENT SUPPORT SERVICES

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SSS Participant Katasha Leggett

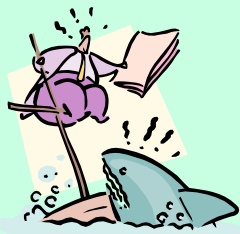
SSS PARTICIPANT “BLOGGING FROM ABROAD”

Senior SSS Participant, Katasha Leggett, is currently studying and “blogging from abroad” in Granada, Spain. Katasha is a Criminology and Investigations major who is pursuing minors in Spanish and Dance.

While at WVU, Katasha spends most of her time involved in Alpha Kappa Alpha Sorority Inc., Phi Sigma Theta National Honor Society, the McNair Scholars Program and National Pan-Hellenic Council.

Katasha is spending her last semester in Granada, Spain in hopes of becoming as fluent in Spanish as possible! If you’d like to check out Katasha’s blog, go to:

<http://fromabroad.blogs.wvu.edu/authors/leggett>.



Got Term Paper Terror?

Use this checklist to keep your term papers on track!

- ◇ Is my thesis statement concise and clear?
- ◇ Did I include all the topics and points from my outline?
- ◇ Are my arguments presented in logical sequence
- ◇ Are all of my sources properly cited?
- ◇ Have I proved my thesis with strong supporting arguments?
- ◇ Did I begin each paragraph with a proper topic sentence?
- ◇ Are my arguments supported with correctly cited information?
- ◇ Am I using unnecessary or repetitious words?
- ◇ Did I use sentences of varying lengths?
- ◇ Do my paragraphs and ideas flow from one to the next?
- ◇ Are there any spelling or grammatical errors?
- ◇ Are my quotes accurate?
- ◇ Did I avoid using contractions?
- ◇ Did I avoid using “I think,” “I suppose,” etc.?
- ◇ Are my points clear and interesting?

If you need someone to proofread or edit your papers, stop by the SSS office. Ashley, the SSS English Graduate Assistant, would be happy to help! Her office hours are Mondays from 10:30 a.m. till 3:30 p.m.; and Tuesdays and Thursdays from 2:00 till 7:00 p.m. Call or stop by the SSS office if you need help!