Lehigh University InSTALLment
April/May 2015

Sexual Assault Awareness Month

Sexual assault is a serious public health issue that affects all communities. As many as 1 in 5 women are sexually assaulted in college and while in college, 1 in 16 men have been victims of an attempted or completed assault (National Sexual Violence Resource Center, 2015). In honor of SAAM, The Office of Gender Violence and Support will be co-hosting a viewing and discussion with the film maker Kirby Dick, of the documentary; The Hunting Ground, a depiction of rape crimes on U.S. college campuses, their institutional cover-ups, and the devastating toll they take on students and their families. 4/22 @ 7pm, Zoeller’s Diamond Theater.

Save the Date / Upcoming Events:
Glow in the Dark Egg Hunt
3/31 - 4/14 Asa Packer Campus
-

De-stress After Dark
Thurs., 4/9, 9pm-12am in Lambertson

Greek Seasons
Fri., 4/17, 8pm-10pm in Lambertson

Social Swing Dance
Fri., 4/24, 8pm-12am in Lambertson

LVAIC Battle of the Bands
Sat., 4/25, 8pm-12am in Lambertson

#TBT: 90's Gym Class
2am in Taylor Gym

Trivia Night (weekly)
Thurs., 4/22 @ 7pm, Zoeller’s Diamond Theater.

Taylor Gym

Taylor Gym Open Late (weekly)
Fri., 4/24, 8pm-12am in Lambertson

InSTALLments are published by the Health Advancement & Prevention Strategies Office, Division of Student Affairs. Copies of this publication can be found online. Send your comments to inhaps@lehigh.edu.

Staying Focused and Using Your Time Wisely During Exams

“Help! I have multiple exams in a 1-2 week period. Do I study for just one and then move on to the next? And if I study for all of them, what does that look like and how much time should I be spending on each?”

Have you asked yourself this during a 0 o’clock or final exams? According to Lehigh’s Center For Academic Success, you are not alone. The most prevalent issue among Lehigh students is poor time management. Begin studying at least a week in advance and give yourself even more time if you have multiple exams. The Center recommends “active studying” which means staying fully engaged in order to make sense of what you are reading/studying. Try rewriting your notes in your own words and reorganize them using symbols, numbers, pictures or charts which gives meaning and makes them your own. Another effective technique is to self-test. Do a few sample problems and do not to look at the solutions until you are confident in your answers. Practice and reinforce your learning by taking a few minutes to explain the material to a classmate or friend without looking at your notes. Often students know that what they are doing isn’t working but aren’t sure what to do. If you are struggling, please use the Center For Academic Success as a resource (http://studentaffairs.lehigh.edu/success).

We asked Lehigh students in the Dec/Ian InSTALLment: What are your healthy strategies for time, study and/or stress management? Here are some of your responses:

- “Get to the library early so you can get a good spot.”
- “Reward yourself for accomplishing goals.”
- “I eat a lot of snacks.”
- “Meditation.”
- “I spend all my free time from when I wake up to 5pm in the library so I am free to relax at night.”

Give Us Your Feedback

The purpose of the InSTALLment is to deliver timely and credible health information to you in a format that is informative, useful and fun to read (Hey, why not? It’s a captive audience). We’d like to know what you think so that we can improve for next year.

Contribute to the Installment

Faculty, staff and students are all encouraged to contribute to the InSTALLment.

- Are you planning a health related event on campus that you think others would like to know about?
- Have you experienced an event or have a personal story that you think would positively impact other students’ health and safety?
- Do you want to promote a national health observance to raise awareness about an important health topic?

If so, please let us know! Send your contribution to inhaps@lehigh.edu.

POLL: What do you want to see more of in next year’s InSTALLment?

Text your CODE to 22333

- Personal stories (Txt CODE 65631)
- Lehigh specific health data (Txt CODE 65638)
- Upcoming health events (Txt CODE 65657)
- Timely/relevant health topics (Txt CODE 65735)
- All of the above (Txt CODE 65764)

*Standard messaging rates apply. Answers are anonymous.

Spring Is In The Air!

Springtime allergies

Those who have allergies that act up in the spring are sensitive to grasses and trees. Symptoms include: sneezing, runny nose, watery, itchy eyes, cough and fatigue. Based on guidelines updated this year, for primarily sneezing and itching, the Lehigh University Health and Wellness Center advises the non-sedating types of antihistamine pills. The following can be purchased without a prescription, in the brand name or generic version: loratadine (brand name: Claritin), fexofenadine (brand name: Allegra), cetirizine (brand name: Zyrtec).

Alternatively, steroid sprays are another, more effective option. Most of these medicines require a prescription, with the exception of: Nasacort Allergy 24HR and Flonase Allergy Relief.

For those whose springtime allergy symptoms are primarily watery and itchy eyes, this non-prescription eye drop is very effective: Zaditor.

NOTE: The medicines listed above were previously available ONLY by prescription.

To make an appointment at the Health and Wellness Center to discuss springtime allergies, please: Go online and click on OSH at studentaffairs.lehigh.edu/health OR call 610-758-3870

Americans with Disabilities Act

The Ability Exhibit celebrates the 25th anniversary of the ADA and the many advances in the field of science, technology, medicine, education, and social justice. This traveling exhibit, “Allies for Inclusion: The Ability Exhibit” will be on campus April 7, 8 and 9 in UC 303.

InSTALLments are published by the Health Advancement & Prevention Strategies Office, Division of Student Affairs.

Copies of this publication can be found online. Send your comments to inhaps@lehigh.edu.