Seasonal Student Issues

The new year brings change for most people. It’s a time to take a hard look at what we want to do better. Common resolutions often revolve around better habits – eating a healthy diet, exercising, drinking more water, etc. Here are a few we might suggest for our students:


We would also like you to talk about ESU. Please tell your friends and family members what it’s like to say “I’m a Hornet!” Tell your story to anyone who will listen. You have a lot to be proud of –

Happy New Year – and here’s to a great 2014!
Get Moving in 2014

Many experts say you should get between 75 and 150 minutes of physical activity each week, depending on how vigorous your effort is to stay in shape. Yet the ability to take all that time out of your busy schedule may not be realistic for you or your student.

The great thing about physical activity, however, is that it doesn’t have to be a big deal. It’s all about moving. Here are some tips to share for incorporating exercise into regular routines:

- Take the stairs instead of the elevator or escalator.
- Skip dessert and take a walk after your meal.
- Ride a bike instead of taking a car or public transportation.
- Exercise while you watch TV. Jog in place or do sit-ups during the commercials.
- Do subtle leg lifts or isometrics while you sit in a lecture or ride in a car.
- Purposefully use restrooms that are the farthest distance from where you are.
- Leave the close parking spaces to those who need them. Park further away from the front door of the business. And take your shopping cart inside instead of leaving it in the parking lot.
- It’s easy to incorporate simple, extra movement into everyday activities. Obviously, the more vigorous the activity, the better it is for you.

Now get moving!!

Add some healthy snacks to your diet

As you well know, exercise isn’t all it takes to live a healthy lifestyle. Here are some healthy snacks you can encourage your student to grab when they’re on the go:

- Wraps made with whole-wheat tortillas, containing either lean cold cuts or low fat cream cheese topped with veggie slices
- Whole grain bagels topped with low fat cream cheese
- Hard-boiled eggs
- Baby carrots, celery sticks or apple slices with dips made from low fat sour cream, yogurt, or peanut butter
- Unsweetened applesauce or fruit without added sugar
- Drinkable yogurt
- Cheese sticks
- And don’t forget water!
There is nothing like a study abroad experience! Encourage your student to explore the many options available at ESU.

A good place to start is the Activities Fair/Study Abroad Fair on January 29th. The event will be held in Webb Hall of the Memorial Union from 9:30 - 1:00. Information on our international partnerships, faculty-led trips, and the application process will be available.

The following day there will be an information session on NSE – National Student Exchange. This program will be held in the PDK Room of the Memorial Union from Noon-1:00. Encourage your student to check these out!

The Office of the Vice President for Student Affairs offers scholarships to students traveling abroad. The award amount is based on the length of the trip and/or the destination. This is a great opportunity for those students who meet the criteria, and we have been able to help many ESU students offset their expenses.

Several programs offer faculty-led study abroad experiences. Students earn ESU credit for their time abroad. Information regarding the trips is available in the respective departments. We have had several education majors who have even student-taught abroad!

If your student is interested in an awesome experience, please contact the Office of International Education at 620-341-5374. They are located in the lower level of the Memorial Union, Room 40. The deadline for applying for a scholarship for a summer or fall trip is March 24th.

Keep in mind – not only will this be a once-in-a-lifetime experience, but a study abroad trip looks great on a resume!
BUZZ WORDS from Dr. Jim

2014 - Another new year and more opportunities to celebrate how great it is to be a Hornet! The 150th anniversary of Emporia State University's founding will come to a close February 15th. Reflecting on this past year and the many different ways ESU has truly changed lives has been both a learning experience and an opportunity to say thank you for our past.

We will take all that we have done and continue with the successes to provide current and future students with an excellent education, equipping them with tools they need to be productive members of a global society. It is our expectation to take the 150th slogan “Changing Lives Since 1863” and build on the firm foundation securing a productive future.

We thank you for the opportunity to work with your student and share in the successes achieved while attending ESU. If we can ever assist you or any member of the Hornet family, please contact my office at 620-341-5269.

We look forward to the new year and the bright future we all share!

$$$ SAVING IDEAS FOR THE NEW YEAR

Chances are money is on your mind during these economic times. It’s likely on your student’s mind too. Here are some suggestions to help weather the storm:

UPDATE THAT RESUME: Have an updated resume ready so scholarship applications can be completed on short notice. And keep an eye out for scholarship postings listed in various campus communications.

SAY “NO” TO CREDIT COME-ONS: Do not sign up for “free” credit card offers.

DO FREE STUFF: Check out free and low-cost programs of campus sponsored events, community activities, and those offered by various academic departments at ESU. Many Emporia businesses offer a student discount with your ID. Frequent those merchants whenever possible. It’s good for everyone!

TRACK CALL AND TEXTS: Watch your cell and text minutes. Determine if you need to adjust your plan.

BE CLOSET CONSCIOUS: Take good care of clothes. When purchasing new items, be attentive to the care labels. Dry clean only items can cut into your funds.

CUT RESTAURANT BILLS: Do not order drinks and desserts when you go out to eat. You will be surprised at the money you can save, not to mention the calories you will be cutting from your diet.

Being smart about money choices is an important habit for students to get into now. Help them look for options and determine their wants vs. their needs as the head down the road to a positive financial future.