

Created by Truman
State University's
School of Business
Academic Peer
Mentors

It's Everyone's Business

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Staying Healthy and Keeping Fit

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*Spring is almost
here!*

Welcome back to the second half of spring semester!

Trying to balance school, activities and organizations and a social life can often be a challenge and major adjustment from High School. We often get so wrapped up in these things that we tend to overlook trying to stay healthy in college. This is one of the major reasons for the ever feared "freshman 15." As we move into our 20's and our metabolism starts to slow down, we must strive to take better care of our bodies, including exercise, eating properly and getting enough sleep. This can be

really hard to do with the temptations to stay up all night to study for a test, skip the gym since it is "so far from Ryle Hall in the winter," or eat three chicken bowls and dessert in the dining hall. Although these things might all be tempting, staying healthy also has some major benefits such as reducing your stress level, increasing your energy, and decreasing your chance of becoming sick. The best advice would simply be to be aware of how you are treating your body and small ways in which you can live a healthier lifestyle.

10 Tips!

1. Wash your hands
2. Drink more water.
3. Eat less fast food.
4. Wear proper footwear in the showers.
5. Try a workout class at the Rec or sign up for an intramurals.
6. Sign up to run/walk a 5K with a friend.
7. Don't overdo the amount of sleep
8. Wash your sheets and towels more frequently.
9. Take a multivitamin.
10. Eat breakfast!

Campus Resource: Multicultural Affairs Center

Have you ever wondered what that brown building that looks like a house located next to Grim Hall is? Well the Multicultural Affairs Center (MAC) is housed there. The MAC is a great resource at Truman's. They offer a variety of opportunities for students to take advantage of, such as tutoring, study hall, peer mentoring, and academically motivated organizations.

The MAC is great for first year students providing multiple options to

get connected to other students, administrator and/or faculty at Truman. They offer numerous programs each month that celebrate cultural connections such as Hispanic Heritage, Native American Heritage, Black History, and Asian American Heritage. These monthly events can be eye opening experience of what other cultures are like. The MAC brings in a variety of performers and speakers that educate, entertain, and inspire students to become engaged in cultural exploration.

Importance of Minors

Obtaining a college minor can be personally, professionally, and academically important.

Personally Important:

If you minor in a field that you are passionate, then having a minor may be personally important to you. For example, you may want to get your CPA (hence your major in accounting) but also love the violin (hence your minor in music). You may be personally interested in gaining skills and training in a certain field but not be interested enough to pursue the topic to the extent that a major would require.

Professionally Important:

Professionally speaking, minors can be a big help. You may need additional training for a career path that a minor can provide (minoring in business can be very beneficial).

Also, you may want to improve your resume by taking courses and receiving training in a field you know employers are interested in such as a statistics minor. You may want to complement one part of your academic training with another. This can provide both practical and theoretical knowledge. (For example, you may want to major in internal business but minor in German if you plan to work for a company that does a lot of business there).

Academically Important:

Your minor may also be important when it comes to applying to graduate school or other academic endeavors. Your minor can show that you have additional skills and inter-

ests. While a minor probably won't make or break your application, it can serve as an additional piece of information to make you stand out from the rest of the academic crowd.



Not this type of miner!

Summer Activities

With summer just around the corner, sun and relaxation are definitely things the Peer Mentors are looking forward to! With that said though, summer is a great time for opportunities to aid your college career. For students that may not have time to study abroad an entire semester, Truman has numerous summer study abroad opportunities to Europe in Transition, Shanghai, Costa Rica, etc. Students can also take summer classes to lighten course loads during the academic year. Truman offers classes in Kirksville and online during the summer. You can also research into whether a local community college course can transfer into Truman! Internships and research options are also available, where real-world experience can be gained from outside of the classroom. You can combine these choices into a unique summer experience! Students have studied abroad and then interned in that country. Research and internships are offered all over the United States and world. And with the summer months as vacation, there will still be plenty of time left for relaxation and fun!

The Academic Peer Mentor Program is housed in the Business Academic Advising Center in Violette Hall 2416. The Peer Mentors are upper-class students in the School of Business majors: Accounting and Business Administration. The mentors are paired with first-year Pre-Accounting and Pre-Business majors, to provide them with peer advice and support. Please feel free to contact Jean (jx8176@truman.edu) if you have any comments/questions/concerns about the newsletter.