



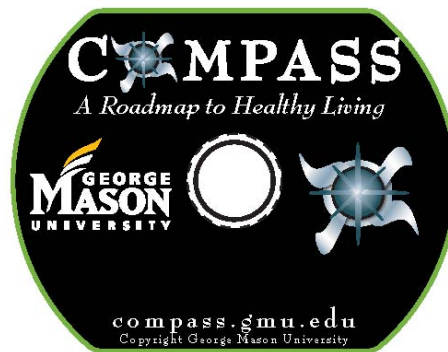
FIRST-YEAR FORUM

Healthy Living Newsletter for Mason Students

Issue 9, May 2, 2008

Dear First-Year Student,

Congratulations! You made it!and you're probably glad that the semester is almost over. During this year, you've faced a lot of transitions, from new friendships, to new experiences. You've experienced new academic challenges and requirements as well as heightened awareness about a range of issues. For some, you have lived on your own for the first time, and for others, you have managed your own finances. It's undoubtedly been a year of challenges and opportunities, many of which were expected and many of which were not expected.



COMING SOON! The brand new and improved COMPASS CD-ROM!

Through your first year at Mason, the range of resources at your fingertips is enormous. One of the main things that you probably learned is that it is up to you to use these. Students often say, after participating in a campus event or workshop, that they wished they had gone to more of these; sometimes they attend these due to an academic requirement, and sometimes they go because it sounds interesting. The important thing is that so many opportunities do exist on and around our campus; these resources and activities are widespread and on many topics!

As you have seen throughout this year, this *First-Year Forum* sent periodically has sought to link you to various resources in a timely way. **COMPASS: A Roadmap to Healthy Living** is designed to serve as a kind of 'roadmap' for you on a wide range of topics. With the upcoming summer months, as well as in your future academic years, you can continue to access **COMPASS** and the web-based resources on numerous topics.

MASON'S HEALTHY EXPECTATIONS SURVEY

You've already seen a new look for the website, totally redesigned based on student feedback. And

You may have recently received a survey called “Mason’s Healthy Expectations Survey.” If you were randomly selected for this, we encourage you to take the few minutes it would take to complete it. There are a few questions about COMPASS and this e-newsletter, so please let us know your thoughts! Plus, there is the opportunity to win a gift certificate (1 @ \$100, and 4 @ \$25). Thanks!

based on student feedback. And you’ll see more updates soon – with mini interview segments from students, faculty and staff, and guest lecturers on campus; these segments will be linked to various topics covered by *COMPASS*.

Now, at this time of the semester, it’s time to transition to your final written assignments as well as

your final exams. As you prepare your final papers, take a look at the *Writing and Study Skills section*; this has some great ideas and tips, as well as some reflection. Also, you can contact Mason’s Writing Center at writingcenter.gmu.edu or in Robinson A 114 (on the Fairfax campus or in 204 Occoquan Building (on the Prince William campus). Now is the time to gain any remaining assistance with this – consider using the Reading Day for this purpose!

And the final thing for this semester are final exams - - - these can always be a stressor, yet good planning can be helpful in getting this managed well. Again, check out the essays on stress – you’ll find one in the new *COMPASS*, and another one in the *2007 version of COMPASS* (housed under the “For Students” section of the website).

Until our next edition of *First-Year Forum*, have a good end of semester!



Healthy Expectation’s COMPASS

Center for the Advancement of Public Health

[School of Recreation, Health, and Tourism](#)

[College of Education and Human Development](#)

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