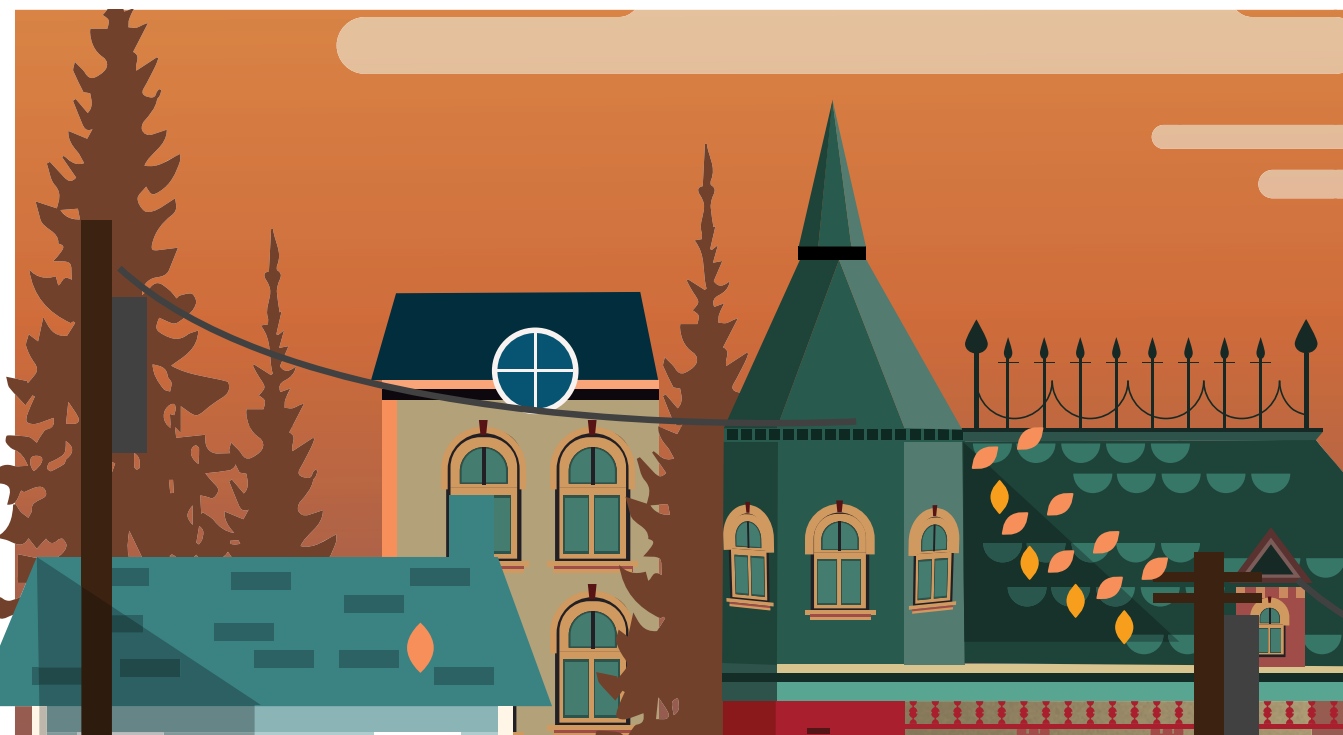


Destination: Rejuvenation!!

We hope you are all staying safe and practicing physical distancing guidelines. As we're currently in the Fall 2020 semester, remember to practice good study habits. Try these strategies:

- Organize: make sure to only have materials needed to study in your workspace
- Find a quiet space: find an area that is free of distraction and conducive to study
- Break: it's okay to break during studying, you could go outside for a few minutes or get a snack
- Study with others: if you find yourself not able to study alone, find a friend or group of friends to study with online study group?
- Here are a few more [ways to study](#)
- Watch this [short video](#) on ways to deal with test taking stress



10 Good Study Habits to Help Your Child Succeed in the New School Year. (n.d.). Retrieved August 25, 2020, from <https://www.sylvanlearning.com/10-good-study-habits-new-school-year>

Working RAMbunctiously

We know things can be difficult with all the transitions because of COVID-19. Many jobs and schools are doing things online and it can be quite stressful. Some of you may even be feeling discouraged but here are a few strategies to help you stay motivated while working remotely:

- Take time for yourself: this can include leisure activities like writing, exercising, listening to music, etc
- Reward yourself: set daily goals and once achieved, treat yourself (something you enjoy)
- Talk with your professor/boss: if your workload is too heavy, be honest and open so things can be worked out
- Have self-compassion: don't be so hard on yourself, recognize that you will make mistakes and try to learn from them

Source: Liu, J. (2020, May 13). How to stay motivated while working from home when the whole world is a distraction. Retrieved August 26, 2020, from <https://www.cnbc.com/2020/05/13/how-to-stay-motivated-while-working-from-home.html>

Rams Night Out!

With transitioning back to classes and with a few places opening back up, our rams of legal age to consume alcohol may be heading out for fun. For those who will be engaging in consuming alcoholic drinks, the legal limit for BAC (Blood Alcohol Concentration) is 0.08%. Individuals assigned female at birth reach this level after 4 standard drinks and individuals assigned male at birth reach it after 5 standard drinks. A standard drink is any drink that contains 14 grams of pure alcohol. Examples of one standard drink include:

1. 12 oz Beer
2. 1.5 oz of hard liquor (vodka, rum, etc)
3. 5 oz glass of wine
4. See more examples of standard drinks [here](#)

Source: What Is a Standard Drink? (n.d.). Retrieved August 26, 2020, from https://pubs.niaaa.nih.gov/publications/practitioner/PocketGuide/pocket_guide2.htm

Strategies for Less Risky Alcohol Consumption

If you find yourself having more than one standard drink make sure to

- alternate nonalcoholic and alcoholic beverages
- eat snacks (which slow down the absorption process) in between each drink.

If your BAC is at 0.08%, the only thing that will lower it is time. Although commonly believed, coffee and showering will not help lower your BAC. You can:

- drink water
- avoid eating salty or additive sugar foods to help you feel better during the sobering process

If there is ever a time where a friend has consumed too much alcohol and is in danger, please know that WCU has an [Amnesty Policy](#) (medical amnesty is on page 13 -14). This gives you the opportunity to call for help without fear of conduct violations for alcohol or drug use.

https://www.wcupa.edu/_services/STU/ramsEyeView/policies.aspx

OFFICE OF WELLNESS PROMOTION

The proof of an alcohol is twice the alcohol content - which is the same as the percent

**What's the difference between...
PROOF, PERCENTAGE, AND ALCOHOL CONTENT?**

ABV
Alcohol By Volume
A common measure of how much alcohol is in a given volume of an alcoholic drink

EXAMPLE
40% alcohol / ABV = 80 proof

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WWW.WCUA.EDU/WELLNESS

OCTOBER 18TH TO 24TH

NCAAW

NATIONAL COLLEGIATE ALCOHOL AWARENESS WEEK

SAVE THE DATE

RAMS ON TRAC
FLIP AND SIP TIK TOK
BYOM YOGA
PUB NIGHT TRIVIA
HAPPY HOUR SERIES

OFFICE OF WELLNESS PROMOTION
WWW.WCUA.EDU/WELLNESS

SCHEDULE OF EVENTS & REGISTRATION ON RAMCONNECT COMING SOON!

Let's See What You Learned!

- True or False: It is fine to take a quick break while studying (True)
- True or False: you should study in a loud environment to concentrate better (False- many people find a quieter environment easier to concentrate in)
- True or False: Drinking coffee and showering will lower one's BAC level (False- the only thing that will sober you up is time)
- True or False: 2.5 oz of hard liquor like rum, vodka, etc is considered one standard drink (False- 1.5oz is one standard drink)
- True or False: Drinking plenty of water will help you feel better while sobering up (True)

HAVE YOU HEARD ABOUT COMPLETING THE WCU COLLEGE HEALTH SURVEY?

LET YOUR VOICE BE HEARD!

THE OFFICE OF WELLNESS PROMOTION IS LOOKING FOR YOUR HELP TO LEARN ABOUT STUDENT HEALTH AND WELLNESS NEEDS

CHECK YOUR WCU EMAIL STARTING OCTOBER 5TH
SUBJECT LINE: LET YOUR VOICE BE HEARD!
WCU COLLEGE HEALTH SURVEY
SURVEY EMAIL SENT FROM NATIONAL COLLEGE HEALTH ASSESSMENT