

Welcome to Xavier, Class of 2015! My name is Erik Sager, and I am the Staff Coordinator on Manresa, which is Xavier's New Student Orientation Program. I hope that you are all enjoying your final summer before college begins, all of us here at Xavier are anxiously awaiting your arrival! To make sure you are prepared and healthy for an exciting year to come, this message focuses on tips and resources for staying healthy during your first year at Xavier.

Health and Wellness Center

Xavier's Health and Wellness Center offers medical, counseling and other services to the campus community. Some of the medical services offered include primary care, lab, and pharmacy services. Students can also use the counseling services free of charge unless they are referred outside of the Center for special counseling. The office is a fully equipped medical office and also has doctors on call for any student who needs assistance outside of normal office hours. Visit <http://www.xavier.edu/health-wellness/> for more information.

Psychological Services

Xavier's Psychological Services Center offers therapy and consultation services to the Xavier community. Some of these services include individual therapy, psychological evaluations, and family therapy. Visit www.xavier.edu/psychservcntr for details.

The O'Connor Sports Center – Recreational Sports

Xavier University's Recreational Sports Department provides services that help students create and maintain a healthy lifestyle. The O'Connor Sports Center offers structured fitness classes, informal recreation, intramurals and club sports. The OSC includes 2 large areas filled with cardio machines, a dance studio, a six lane 25 meter pool, and a basketball gymnasium. Also, O'Connor has 2 racquetball courts and the Hammer Strength Room, which is a well-equipped weightroom with fitness trainers available. Visit the website at <http://www.xavier.edu/recreational-sports/oconnor-sports-center/> for more information.

Physical Exhaustion

One of the most common health concerns for new college students is exhaustion. Many students take on too much both academically and outside of school during their first semester. This often leads to physical ailments and colds. In the first year of college, it is easy to become overextended, overwhelmed, and ultimately – sick. Remember to slow down and take care of yourself before this happens. The best way to do this is by getting enough sleep every night, exercising daily, and eating healthy food.

The Common Cold

Due to the change in environment and the accessibility to germs, many new college students come down with the common cold. Taking on too much, being short on sleep, or making unhealthy choices in the dining hall can all contribute to the risk of catching a cold. Simple things like washing hands or not sharing a cup with someone else can help to cut down on the spread of germs. Even for a commuter student, being on campus can be a breeding ground for bacteria. Consider bringing a first aid or health kit with you to campus and talk to your family about what to do when you are sick.

I hope that this information has been helpful and informative! Please feel free to contact myself or anyone else on Manresa Core with any questions you may have about Manresa or the content of this letter. Visit Manresa on the web at <http://www.xavier.edu/student-involvement/orientation/index.cfm> , call us at 513.745.3662, or email us at manresa@xavier.edu.