

SLEEP AND EXERCISE



You've probably heard it before, but the best way to stay fit, keep a clear mind, and prevent sickness while in school is to **sleep and exercise** (and stay away from sick people).

A good night's sleep may be the last thing on your mind when you have a biology test on Wednesday, but try to get seven to eight hours a night.

Exercise is a great stress releaser and will bless you with the underrated ability to see your belt.

Sign up for a class if you won't exercise on your own.

CAMPUS SAFETY AND CRIME



Crime on college campuses is, sadly, a fact of life. A little common sense can help you combat the evil forces.

Prevention. To prevent your stuff from being robbed, label your CDs, etch your name into your laptop computer, and get a lock for your bike (and your laptop).

Insurance. Check your parent's policy or get renters insurance.

Emergency Boxes. [REDACTED] has emergency boxes throughout campus. Familiarize yourself with the tall "Emergency" signs with a blue light at the top.

Escorted walks. On the personal safety side of things, [REDACTED] offers a campus escort service if you feel uncomfortable walking home at night. Call 745-3333 and someone will escort you back to your dorm.

Once you return to your dorm, keep an eye out for sketchy characters looking for entry. Try this quiz to see if you're prepared:



Q: Which bear would you let into your dorm?

See the end of this chapter for the answer.