



UNIVERSITY  
of HAWAII  
HILO

# Around da House

## Weekend Trips

For more information and a complete listing of trips for the semester, visit our website at <http://www.uhh.hawaii.edu/studentaffairs/housing/reslife/Activities.php>

## Upcoming Events:

Alcohol Awareness	April
Housing Application Deadline	04/01 Wed.
Green Sands Hike	04/04
Volcanoes Park Hike	04/05
Hapuna Beach Trip	04/11 Sat.

**Don't forget the FREE movie nights at the Kress every Wednesday departing from Ikena at 6:15 pm**

## Spring Break is Gone...finals are coming!

Keep final's stress under control. No matter where you are in your classes now, you still have time to make a significant difference!

If you're in good shape, it's time to finish strong. If you need to make improvements, take meaningful steps NOW. How?

### Time Management - master your time!

Keep stress down (and your health up) by writing out a detailed schedule accounting for every hour of every day. Put in appropriate times for sleep, eating healthy, exercise, down time, fun and of course solid study time for each of your classes. Then..... **JUST DO IT.**

### Homework and Practice Exams Provide Proper Prep - Practice, practice, practice.

Begin each new study session by reviewing what you've already done. This may take a little time, but doing it now and repeatedly will help it stick.

### Utilize Your Ideal Way to Study - time & location

You should have determined when and

He who would learn to fly one day must first learn to stand and walk and run and climb and dance, one cannot fly into flying.

-Friedrich Nietzsche

where you do your best work.

Maybe it's the library, an empty classroom, or your room. Wherever it is, keep to your detailed schedule EVERY DAY.

### Fitness fuels the Mind - stay balanced

Exercise is a great way to not only relieve stress, but stay physically healthy as well. Regular fast walks (you can use the covered walkways on campus even if it rains), bicycling, workouts at the Student Life Center including swimming are all examples of things that will work and help. Again, keep these times in your detailed schedule.

### Communicate with Your Professors and Study Partners

This is a very important time to maintain communication with your professors. Make sure you understand what they expect, especially if you're trying to improve your grades. Sit in the front of the class and ask questions when needed. Keep working with your study partner or group. Divide up portions of the work if necessary and review ALL work regularly.



**DEADLINE-APRIL 1st**

Applications for On Campus Housing are now being accepted at the UHH Student Housing Office.

Applications can be downloaded from the Student Housing website (<http://www.uhh.hawaii.edu/studentaffairs/housing/>) or can be picked up at the Student Housing Office in PB-11.

The deadline for priority consideration is April 1, 2009.

The 22nd and 24th President of the United States had the same mother and father, but were not brothers-how is this possible?

### Problems with your Computer?

Help is available at the Hale Kauanoe Computer lab weekdays, Monday to Friday from 4:00pm to 7:00pm. Closed on Holidays.



### Wireless Internet in your room!

Student Housing will be loaning out wireless access points for residents to use in their room. Email your request to [uhhouse@hawaii.edu](mailto:uhhouse@hawaii.edu) with your name, hall, and room number and you will be eligible to will receive a wireless access point for the rest of the spring semester. The first ten responses will win. Send your email now!



### Enter2WIN an iPod!

Read the April issue of Student health101 online and Enter2Win an iPod. You should be receiving the April issue by email.

If not, you can access it and previous issues on the Housing website at:

<http://www.uhh.hawaii.edu/studentaffairs/housing/reslife/HealthWellness.php>

This month's highlights include:

- Cut the Cola & Improve the Kidneys
- Finals Survival Guide
- Give Yourself a financial Check-Up
- Overwhelmed—Stressed Out
- Power Up Your Diet with Super Foods



### UH Hilo Underground: Battle of the Bands:

The Student Activities Council (SAC) presents the UH Hilo Underground: Battle of the Bands on Saturday, April 18, 2009 from 5:00-10:00 pm on Campus Center Plaza. Any band with at least one UH Hilo student can enter and possibly win merchandise from either [musiciansfriend.com](http://musiciansfriend.com) or [guitarcenter.com](http://guitarcenter.com). There are 9 slots open. Stop by the SAC office (Campus Center 307) and pick up an application packet. The entry forms

are due on Wednesday, April 1 at 3:00 pm. All applications turned in after the deadline will need to pay \$15.00 to enter in the Battle of the Bands.

### E-Mail Warning!

ProjectFavor.com: Some students may have recently received an email message from "ProjectFavor.com," encouraging you to join a new online campus community. UH Hilo wants you to be aware that this website is not affiliated with the University of Hawaii in any way. We advise all students to use caution when signing up for online communities. Check out the following webpage for some advice and tips on social networking websites: <http://www.whoswatchingcharlottesville.org/social.html>

### What am I going to do with my stuff?



The end of the semester is only a few weeks away. Many students have a lot of stuff that may need to get rid of before

they leave. What are the options?

**If you are not returning:** Sell unwanted items

Shipping costs can be high. You could pre-sell items to someone. If you still need to use some of it, you may be able to get the buyer to let you use the items until you leave. There will also be a *Campus Yard Sale* at the campus center pavilion the week before finals.

Another option is to donate items to the Residence Life Office in Ikena. These items will be given away free to new students in the fall.

Finally, there are several goodwill organizations in Hilo that would gladly accept donations. These often qualify for tax deductions at the end of the year.

**If you are returning to Housing in the Fall:** Limited storage is available.

Students that will be returning to Housing in the will have some free storage available. If you are not returning to Housing, you will need to locate storage elsewhere.

They were the same person—  
President Grover

### 2009 Summer School Housing Applications Now Being Accepted



Don't get caught snoozing! Summer applications for on-campus housing are now available from the Housing Office (PB11 behind the library) or from the website at:

<http://www.uhh.hawaii.edu/studentaffairs/housing/>

### Need a Ride to Go Somewhere!



The Bus Service is Extended! Hawaii County Mass Transit recently extended most of their weekday bus service to Saturday. One of these routes is the Keaukaha bus which makes an hourly trip past the beach parks of Keaukaha and back to the UH Hilo campus. The bus is FREE! More information is available at <http://www.uhh.hawaii.edu/uhh/about/bussched.php>

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### About the Editor:

Maddie is eating potato chips at a rate to put most people to shame. To contact her email: [madelina@hawaii.edu](mailto:madelina@hawaii.edu)