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11-2022

Living a Healthy Lifestyle

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The background of the slide is a watercolor-style illustration. It features a mix of light and dark blue, teal, and green washes. The colors are blended together, creating soft, organic shapes and textures. There are some darker, more saturated areas, particularly in the lower-left quadrant, which contrast with the lighter, more ethereal tones in the upper-right. The overall effect is calm and artistic.

Living A Healthy Lifestyle

MARY WINDRAM

PROFESSOR BARRETT

COR101-012

Purpose

- Transitioning from your childhood home to college can throw off students, especially if it is your first year. I wanted to share a lesson that could benefit my students in many ways and not just now but also in the long run.
 - It is very common for students to struggle with finding a proper balance to aid all aspects of their health while also doing well in school and making new friends. It took me some time to figure out a balance, but now that I have, I wanted to share how I did so with others.
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Preparation and Sources

- I created a Kahoot to get everyone involved and start the lesson off on a fun note. It gave everyone a sense that the way they feel is very common and they are not alone.
 - I also created a PowerPoint to educate them on how to get rid of some of those anxious feelings.
 - I used multiple sources to further my knowledge on ways to benefit your health to include in my PowerPoint.
 - I also used personal experiences to guide them and relate to them throughout my lesson
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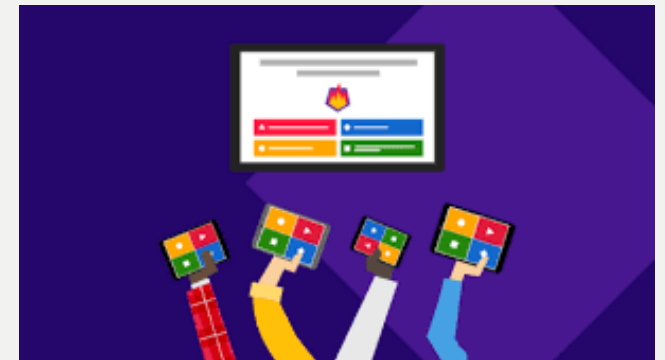
Why is This Important for First Year Students?

- College is a huge transition, and it can be hard to adjust properly.
 - Learning about different aspects of health and ways to benefit yourself can help first year students if they feel lost.
 - Anxiety can be created when stepping out of your comfort zone, but it can also be eased and prevented if handled correctly.
 - Knowing you are not alone when feeling anxious and uncomfortable can calm nerves.
 - It is common for many to take the easy route in college which may not be the best for their health, I provided ideas to stay healthy with more ease.
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Presentation Materials: KAHOOT

- I played a Kahoot with my class before presenting to show they are not alone in the ways they feel and to create a fun and inclusive environment

<https://create.kahoot.it/share/living-a-healthy-lifestyle/d9088a69-8589-46e8-98fa-32e20f78020b>

The Kahoot! logo is displayed in a bold, purple, sans-serif font. The word "Kahoot!" is written in a slightly irregular, playful style, with the exclamation point being particularly prominent.

Presentation Materials

What Does a Healthy Lifestyle Look Like?

- Balance
- Physical Health
- Mental Health
- Emotional Health
- Time Management
- Nutrition
- Social Health

MENTAL HEALTH

- Always make time for yourself to rewind and relax
- Do not overdo it, create a schedule to make time for all the things you need to get to
- Include things you love during your day
- Remember everyone around you is probably feeling the same, no one is worried about you, so do not worry about them
- Be confident in yourself
- Surrounded yourself with people who will build you up

Emotional Health

- Do not be afraid to ask for help
- Uses the school's resources
- Find someone you can confide in or write down your feelings to get the emotions out
- Remember it is okay to have feelings, allow yourself to feel
- Put aside a few minutes in the morning to breath and relax, think of all your thankful for and what you want to work toward

Physical Health

- Find physical activity you enjoy, do not force yourself to work out and not be happy while doing so, Even 10 minutes of movement is better than 0
- Make physical activity a "class" put it in your schedule a few days a week, so you have a set time to go
- 150 minute of movement a week (30 minutes, 5 days a week) is a perfect goal and effective
- Try new classes the gym offers, bring your friends to classes or the gym if you do not like being alone
- Wear something you're comfortable and confident in, look good feel good!!!
- Upstairs of gym has a lot to do, is threatened by downstairs and large crowd start up and move down. Early mornings to noon and 9pm to close are when the gym is at its busiest

Nutrition

- Eat what your body craves and what fuels you!!!!
- Balanced and intuitive eating, food shouldn't change your mood
- Eat when you're hungry, stop when you are full, LISTEN TO YOUR BODY
- Aim for healthier options in the dining hall, but treat yourself to that cookie or ice cream
- Healthy relationship with food = healthier mind and mental health

Social Health

- Do not let anyone force you into doing something that makes you uncomfortable
- Introduce yourself to people, you're not the only one looking for new friends
- Be respectful and kind in all encounters you do not know what is going on being closed doors
- Set up study dates with friends, time to be with someone and get work done
- Make sure you are aware of your surrounding if you are out
 - Always stick with a buddy

Balance

- Time management! Make a schedule. Set time a side for the things you need to get done
- Work hard for an hour or two, give yourself time for school so you can succeed, other hours enjoy yourself, spend time with friends, do things you love
- Don't miss out on fun things with your friends and beat yourself up with schoolwork, do your work well but also have fun
- SLEEP! Get 6-8 hours of sleep to feel your best in all aspects of life

Overall

- These four years are for you to grow into your own person, take advantage of the freedom, the independence, the last few years of being a kid
 - Try new clubs and activities
 - Work hard and see the reward
- Allow yourself to be a kid, these are your last years before you work, soak it in
 - Don't stress over the "what if"
- Everyone is here to help you, myself, Professor Barrett and so many resources, take advantage of this for the years they are available to you
 - Stay true to yourself

Methods

- Every table is a team, and I asked a questions regarding each different aspects of health I discussed.
- They discussed the question together and on a white board or piece of paper held up their answer. The first team to answer correctly got 3 points, second team for 2 points, this team got 1 point. The winners at the end got candy.
- This created a friendly competition with the class while also testing their knowledge to see if they learned from my lesson.

Questions

1. What are 3 types of health?
 2. What is one way to help your mental and emotional health?
 3. Name a strategy you could use to balance your time.
 4. True or False, poor nutrition can impact your mental health.
 5. List three places or people that are free resources for you here at Cortland.
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Learning Objectives

- As someone who cares a lot about their health, I wanted to teach my class something I was passionate about that could also benefit them throughout their whole life.
 - To learn about staying healthy and dividing your health into different aspects it makes is more approachable to fix over time.
 - College is scary at first and many can lose themselves and go down the easy route which may not always be the healthiest idea. Knowing others around them may be struggling with the same feelings can ease them and build a community.
 - I wanted them to know they are never alone
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Assessment/ Feedback

- I learned a lot from my Kahoot regarding what students struggled with the most as a first-year student
 - This let me touch upon these topics in the classes following my lesson so I could help them as much as I could
 - I also had them write one thing they liked about my lesson and/or one thing I could work on and hand it to me anonymously so I could do better in the future
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Reflection

- I was happy to see that my class took something out of my lesson and learned new ways to benefit themselves
 - I honestly was not that shocked about the results from the Kahoot because all the feelings they said they were experiencing I also experienced my first year.
 - Their feedback on my lesson also will help me in the future when I am a teacher and must teach lessons every day to a future class. I know what I need to work on to better reach my class and provide the best experience for them.
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References

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Purdue Univeristy Global. (2021, September 10). *Health and Wellness Guide for Busy College Students*. Purdue Global. Retrieved October 31, 2022, from <https://www.purdueglobal.edu/blog/student-life/health-and-wellness-guide-for-college-students/>
