

Survival tips for freshman year

Get involved.

Go to class.

If Wal-Mart doesn't have it, you don't need it.

Read The Pendulum.

Don't get caught swimming in the fountain.

Watch out for computer viruses.

Call home.

Take pictures of your new friends.

Don't let the bricks trip you.

Wear shoes in the shower.

Go to the gym.

Eat breakfast.

Do your homework.

Hang out in the Zone.



Battling the bulge: Tips for avoiding the freshman 15

Keep late night snacks to the bare minimum. It's tempting to order pizza at 2 a.m., but don't do it.

Avoid binge drinking. If not for the health risks, avoid it for the large number of empty calories.

Exercise 30 minutes or more each day. Exercising with friends helps in keeping a regular schedule.

Keep a regular sleep schedule. Sleep deprivation leads to weight gain.

Make healthy food choices. Harden has more than hamburgers and pizza.

Keep a food diary to watch calorie intake.

Instead of chips or candy, stock up on fruits and vegetables to snack on while in the dorm room.

Stay active. Find something to fill time and burn calories.



The Top 10 ways NOT to get your name in Crime Watch

10. Check your tags – have they expired?
9. Speeding + Elon police = Free trip to the Graham Courthouse
8. Don't walk with swimmies toward the fountain.
7. Before you let the urge to drive on the tram path overcome you, think to yourself, "Could I drive this for a living at Disney World?"
6. If you go, pick your bush wisely.
5. Just because you're only driving from Moseley Center to McMichael Science Center, you still need to wear your seatbelt.
4. When you see that big red sign with the letters S-T-O-P written on it, do what the sign says and stop.
3. If you are thinking about using an illegal substance, your parents will find out.
2. Just because that brick tripped you, doesn't give you the right to take it.
1. Get The Pendulum every week and check out who got caught and then make a note of what not to do.

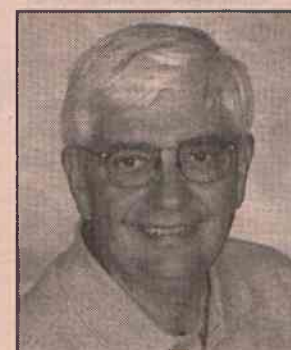
Each week, in this space, we will list the people who get caught breaking the law. Trust us on these tips. We type up the Crime Watch every week. We know who has been naughty.

Advice cont'd from Page 4



"Make sure your professors know you and your work. Always attend class, sit in the front row and ask questions. Normally, the higher the attendance and participation, the higher the grade."

Steven House
Dean, College of Arts & Sciences



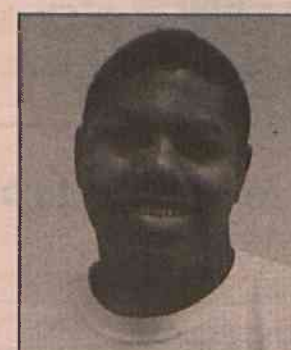
"Be enthusiastic in your quest to learn. Take subjects you know little about. Be serious about your studies, get involved and meet as many people as you can."

John J. Burbridge Jr.
Dean, Martha and Spencer Love School of Business



"Learn how to manage your time so that you can enjoy everything that Elon has to offer."

Katie Townsend
Executive Vice President of the Student Government Association



"Get involved. It is a great way to meet people and develop yourself into a more well rounded person. But don't get over-involved. You have four years and you don't need to burn yourself out now."

Brett Cooper
Head Resident of Danieley-H