

# News

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unsure of the appropriate daily amount of caffeine.

One to two caffeinated drinks are shown to be healthy, and individuals should not cut out caffeine completely, according to Royster. But in contrast to the 43 percent that consumes one drink, 15 respondents answered they consume three or more drinks on a daily basis.

When consuming caffeine, she recommended "good caffeine," which she characterized as products that are grown, such as tea or coffee. She also suggested activities such as running, yoga and spinning that produce the same energizing effects as caffeinated beverages.

Nevertheless, one's habits are usually constructed in response to study routine and level of engagement. The wellness office has been focused on alcohol and violence prevention in the past, but has developed programs concerning stress and peer education.

"We as administrators have to do a better job of helping students have that balance and encourage students to invest deeper instead of broader," Royster said.

Students should also recognize how their commitment to schoolwork influences other aspects of their daily routines, she said.

"If students are procrastinating, they are going to fall into the habit of staying up late, thinking they have to drink that Red Bull and not taking the time to prepare a meal," Royster said.

Cockerham sometimes skips lunch if he feels he is too busy, which is not consistent with his eating habits prior to college, he said.

"The most important thing for students is they are educated about their health needs," Royster said. "It's the first time it's the students' responsibility solely."

She advised students to devise a plan including expected times to complete a task to better organize their schedules. If more time is needed than anticipated, students should evaluate their level of focus or seek alternative resources to enhance comprehension of the material, she said.

Assessing the answer assists students with time management and the best way to complete an assignment, Royster said.

"Is it factors you can control in your life or do you need additional support from faculty members?" Royster asked.

Analyzing the various components of student lives contributes to the development of a healthy lifestyle during college, she said. §

## HOW TO *stay healthy* IN COLLEGE

Get routine check-ups to identify and address any health concerns

Get vaccinated

Establish a good sleeping environment

Avoid stimulants like caffeine and nicotine

Get physical activity for at least 2.5 hours per week

Stick to a sleep schedule

Eat a balanced diet

Avoid substance abuse, such as drinking and drugs

Information from Center for Disease Control and Prevention

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