

Travel Plans for your Life

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Staff Writer

Since many of us were little we pondered what we wanted to be when we grew up. Now that we are in college, the decision of what to do with the rest of our education and our lives must be confronted.

Meredith College will be hosting "Passport to your Future", a majors fair for freshmen or sophomores looking to find their major, and for juniors and seniors looking to learn about career opportunities for their major. The majors fair will be held on Tuesday, February 24, 2004.

The theme of the fair, as one could imagine from the title will be a scenario in which students will receive a passport and then travel to different tables in search of information about all the possible majors at Meredith College. When visiting individual tables students will learn about each major

and receive a stamp to show which majors and careers you ventured to learn more about.

The majors fair will include representatives from all different fields and majors. These representatives will include faculty, students and alumni. Meredith College is honored to have its successful alumni back to visit and share their knowledge, experience and expertise. The Alumni are a new addition to the Majors Fair this year and are expected to add a unique perspective of real life experiences in the work place that their majors took them to.

Students will find many new and interesting majors that they may not have considered before. If a student finds a particular major of interest and wishes to declare that major, it can all be done at one place at one time. This eliminates the usually time consuming

and frustrating task of changing majors or declaring new ones.

Along with the passport and other brochures, students will also receive a series of exercises from the Career Center booth that they can do to determine which major is right for them. These exercises consider personal strength, preferences and other criteria for making an informed decision about making the right decision for their major. The exercises also include a page which addresses the "Mechanics of Choosing a College Major," tips on how to become informed and "Assessment Tools" to help you get started. The purpose of getting an education is to find a job, and students can learn about different career opportunities in the majors they are interested in. Students can then take this information along with a resume to the

upcoming career fair on March 23.

The general goal of "Passport to your Future" is summed up in part by Dana Sumner from the career department who says, "The goal of the Majors Fair is to provide a venue for information gathering and valuable interaction between faculty, students, and alumnae representatives from the various academic departments at Meredith. We hope to assist undecided freshmen and sophomores with major selection, and to relate those majors with specific workplace and career opportunities for juniors and seniors.

In turn, our students will be more informed to make decisions about their major, their career, and their future."

Named Scholarship Recipients!

You should have received a letter last week, asking you to mark Friday, April 2, 6 pm on your calendar for the Annual Scholarship Dinner with Donors.

If you did not, please contact:
Ellie Vali, x8519
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Beauty for the Body and Spirit

NINA BORUM
Staff Writer

Does curly fries, chicken strips and mac and cheese sound like your typical dinner? Well, maybe not exactly, but I am sure many of us do not make the healthiest choices for our meals. It is ok to enjoy yummy fattening meals once in a while, but we really should calm down on the junk foods.

According to the Global Institution for Alternative Medicine, the average American consumes 150 lbs of sugar and 566 soft drinks a year. It is amaz-

ing how much junk food we all consume. Although junk food is not considered healthy, potato chips and candy can actually help to prevent heart attacks. Like aspirin, many snack foods contain salicylates that aid in heart attack prevention.

Snack foods can do good things, but too much intake can be harmful to our bodies and increase our weight in unwanted places. Do yourself a favor this week and decrease your intake of fat-filled snack foods. Replace that bag of chips with low fat popcorn or that chocolate candy bar with peanut butter on crackers. Whatever

changes you make in your diet make sure they are changes that you will be able to stick to for an adequate period of time, do not substitute your extra cheesy nachos for celery sticks!

One of the best substitutes for junk food is fruit. Speaking of fruit, perhaps we should replace the junk in our lives with fruits of the spirit!

Think about some of your habits that are not doing you any good. Do you constantly party and end up doing something that you are slightly ashamed of? Maybe you smoke a whole pack of

cigarettes a day. Perhaps you constantly tune in to TV shows that lack intellectual stimulation. Whatever junk you have in your life, try to get rid of it this week and work on filling your life with spiritual fruit.

Galatians 5: 22 give us nine fruits of the spirit to develop.

"But the fruit of the Spirit is love, joy, peace, patience, kindness, good-

ness, faithfulness, gentleness and self-control.

Pick one of these fruits and try to develop one of them this week. Maybe you could really work on being patient with your roommate or try demonstrating self-control when you go to the club this weekend. After all, a life of fruit is healthier than a life of junk.

