

CAMPUS LIFE

Meredith Prepares for the Flu

Jennifer Cash, Staff Writer

"Achoo!" It's that time of year again: flu season. When we hear a person in class sneezing and coughing, the last thing we want is whatever they have – and if they have the flu, getting your annual flu shot can help prevent you from catching it. This year only one shot is needed, which combines the H1N1 ("swine flu") vaccine with the regular influenza vaccine.

Maxim Health Systems will be on campus to administer flu vaccines beginning September 27 to Meredith students, faculty and staff, as well as their family members and children ages 4 to 17. Blue Cross Blue Shield North Carolina insurance holders with preventive benefits will receive the vaccine at no cost – just remember to bring your insurance card and photo ID – and this year, BCBS NC will also accept BCBS insurance holders from other states as well. Maxim Health Systems will also accept Medicare Part B, PARTNERS-BCBS NCPFFS-type Medicare Advantage Plans (which must include a card with PFFS on it), Aetna, SummaCare, Human Gold Choice-Southeast, Today's Options, and Universal Health Care. If you do not have preventive benefits with BCBS or insurance with one of the other listed companies, you can still receive a flu shot. For Meredith students who do not have one of the

above health plans, a \$20 flu vaccine will be given at the Health Center while supplies last. Faculty and staff who do not have one of the above health plans can receive your flu shot at the Health Center for free as an employee benefit.

While the flu shot is highly recommended, not everyone is able to receive one due to medical reasons. People who have a severe allergy to chicken eggs, who have had bad reactions to influenza vaccines in the past, and people who have developed Guillain-Barre Syndrome within six weeks of getting a past flu shot are not able to receive the seasonal influenza vaccine. If you are currently sick with a fever, then you should wait until you are better to receive your flu shot.

Sherri Henderson, Director of Health Services, says that is important for college students to receive their flu shot because "each year people young and old die from the flu. The Center of Disease Control recommends that anyone age six months and greater be vaccinated for the flu unless told otherwise by their medical provider. Vaccination can help prevent the flu virus and the symptoms that come with it each year. Typically, the flu affects the very young and the "mature," but last year during the H1N1 pandemic people ages 19 to 24 were the most affected. The flu vaccine is something simple that can be done to

prevent acquiring the flu."

In addition to receiving a flu vaccine, there are other ways to keep healthy. Remember to constantly wash your hands, especially before you eat, and keep sanitizer with you at all times. Don't be embarrassed to wipe down a desk with a disinfectant wipe before you put your stuff on it, because you never know who could have sat there. When you cough or sneeze, do it in the bend of your elbow or into a tissue, not into your hands or the air. If you are sick, even if it's just a cold, please stay home – do not come to class and infect everyone else. For questions on how to receive your flu shot from Meredith, contact the Health Center at 760-8535.

Flu Shot Schedule:

Faculty/Staff/Students–Tuesday, October 5th, 4pm-7pm, Science/Math Atrium
Faculty/Staff/Students–Wednesday, October 13th, 4pm-7pm, Science/Math Atrium
Faculty/Staff–Wednesday, October 20th, 1pm-4pm, Belk Dining Hall-West Side (Employee Benefits Fair)

The Ten Commandments of Studying

Rebecca Brodney, Staff Writer

With midterms quickly approaching, we cannot help but wonder what sorts of shortcuts we can take in our studying or how to study in a more time-efficient fashion. How do we know what is legitimately effective or is just rumored to work? Here's a list of study tips that have been deemed foolproof:

Don't worry about getting things wrong-- studies show that we actually learn more from our mistakes than from our successes.

Don't take notes in class on the computer. You will be tempted to do other things like shop online, Facebook, or play games.

Study the most difficult

subjects first- this way you will be more alert and attentive to what you are doing.

Make flashcards and LEARN the material on them. Don't just recite them from memory.

As a rule, you should study for twice the amount of time you spend in class. For example, if you are taking 15 credit hours, you should anticipate studying 30 hours per week.

Study in a quiet place. Believe it or not, you cannot multitask like you think you can.

Take good notes in class. It will not only help you pay attention, but also keep you awake.

Stop studying when you are confident you know the material. There is no need to beat a dead horse or to say, "I'll sleep when I'm dead!"

Do not skip class unless you are really sick. Showing up is more than half the battle.

Make your education your first priority!

For more study tips and guidelines, visit <http://www.cse.buffalo.edu/~rapaport/howtostudy.html>

Upcoming Events

gathered by Kristen Gallagher

Sept. 29:

A Taste of Research: Summer Research Event, 4:30-6:30, SMB Atrium

Sept. 30:

Say Yes to Success: How to Study Math, Led by Lara Dick.

11:30 am-12:30 pm

Location: ACP Office

Sept. 29 - Oct. 2:

Stillwater Theatre presents Right Place, Right Time

8:00pm - 9:30pm

Location: Studio Theatre in Jones

Oct. 1:

On Campus Recruiting - Credit Suisse Employer Panel

Open Opportunities: Dispelling the myths of IT and how YOU fit in

10-10:50am, Harris 104

Oct. 2:

Senior Parent Night

Honors Pancake Breakfast @ Applebee's 7-9 am

Oct. 4 :

On Campus Recruiting - BB&T: Staff Auditor Position

On Campus Interviewing: Monday, October 4, ACP

Location: ACP

Oct. 5-6

Engineering Career Fair @ NCSU

Oct. 7-10

Fall Break!

Correction: Our last issue's Science and Technology article entitled "Masdar City: An Experiment in Renewable Energy on a Municipal Scale" was incorrectly attributed. The article was written by Aislinn Murphy.