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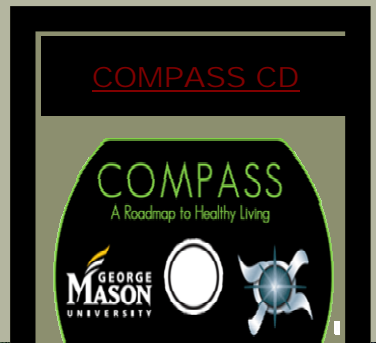
COMPASS A Roadmap to Healthy Living

Dear First Year Student:

The Spring Semester is now well underway, and the weather certainly looks like it is cooperating to bring up some great Spring weather this month. We hope your time away from campus was restful and rejuvenating for you; we also hope that you took the opportunity to reflect upon your activities on campus during the Fall Semester. The New Year holidays—now seven weeks ago—is a traditional time to accomplish this. Now is a good time to review your New Year resolutions and see how you're doing; or, if you didn't make resolutions, you can do so now.

The beginning of this semester, and this month in particular, are filled with all sorts of opportunities. First, this semester started right after the national holiday celebrating the Reverend Martin Luther King, Jr., and all that his life offered. Second, the semester began the day after the inauguration of Barack Obama as our nation's president. Third, February is Black History Month, an opportunity to celebrate the history and culture of African-Americans. This week marked Presidents' Day, a holiday for many government agencies. Also, this past weekend was Valentine's Day, an opportunity to reach out to that 'special someone' in your life.

What does all this mean to you? You're enrolled in a new semester of college, and this marks the opportunity to make changes in your life based on the best evidence you have of what works for you—the Fall Semester. We think it will be helpful to reflect upon your brief journey at Mason to date, and ask yourself some questions: Are you on track for yourself? Are you doing as well as you can with your studies, papers, exams, and other academic requirements? Is your writing what it could be? How well are you managing your time? Are your relationships—with your family, friends, classmates, 'special someone'—what you want them to be? How is your stress level, and what could help it? [Are you taking advantage of Mason's recreational,](#)



cultural, intellectual, social and other opportunities? Overall, is your life's balance working out for you? Again, are you on track for yourself?



The context of these questions has to do with those whose lives and legacies we celebrate—Martin Luther King, President Obama, and U.S. Presidents. Just as they had dreams, and undoubtedly asked themselves if they were ‘on track’, you can do the same. During the Fall Semester, we introduced you to *COMPASS: A Roadmap to Healthy Living*.

Check this out, particularly for any of the issues that you identify for yourself where you would like to do better. COMPASS could just as easily be named “Steps for Success in College” or “Ways of Making the Most as a First-Year Student.” We think you’ll find the brief essays, reflection sheets, and links to resources helpful to you.



Healthy Expectation's COMPASS

Center for the Advancement of Public Health

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