FALL NEWSLETTER
WHAT THE HEALTH

TOPICS
- Staying active throughout the school year
- Places to study on-campus
- Effective study methods
- How to manage your time effectively
- Healthy fall dessert recipes
- Balancing between school and self care
- How to prevent burnout
- Ways to get out of your comfort zone
- Benefits of joining clubs and school organizations
- Taking advantage of on-campus resources
- Healthy fall recipes
- Wellness ambassador spotlight
Try getting in some extra steps! One of the good things about UCR is that we have a large campus, so try walking to get some movement into your body.

Schedule physical activities with friends. You can explore many places on campus with friends that keep your body moving, such as the UCR botanic gardens. Not only are you staying active, but you’re taking in the beautiful scenery and plants.

Sign up for workout classes! The UCR Student Recreation Center offers daily classes for students that include yoga, cycling, zumba, and many more. Feel free to take a break if you want to relax. We should stretch, unwind, or turn on our favorite song and dance it out after a long day.
Making sure that you find the right place to study can really make the difference in staying productive. There are many places to study on campus and it can become overwhelming trying to find the right spot. If you’re looking for a good place to study, we suggest the SSC, Starbucks at Glen Mor Market, or Orbach Library!
Hello Highlanders, and welcome back to campus! We hope that you had a great and fun summer. With the start of a new school year, we know that navigating the academic challenges of university life can be overwhelming, but fear not – we're here to help you make the most of your study sessions and excel in your studies. We'll explore effective study methods tailored to university students that will boost your productivity, comprehension, and overall success.

1. The Power of Active Learning
   Passive learning, like simply reading or listening to lectures, can be less effective than actively engaging with the material. Try these techniques:
   - Summarization: After reading a section of your textbook, summarize it in your own words. This forces you to process and understand the content.
   - Teaching Others: Explain concepts to friends or classmates. Teaching is one of the best ways to reinforce your understanding.
   - Flashcards: Create flashcards for key terms, formulas, or concepts. Quiz yourself regularly to reinforce memory.

2. The Pomodoro Technique
   Studying for long hours without breaks can lead to burnout and reduced productivity. The Pomodoro Technique can help you maintain focus:
   - Work for 25 minutes (one "Pomodoro").
   - Take a 5-minute break.
   - After four Pomodoros, take a longer break (15-30 minutes).
   This method can increase your concentration and prevent fatigue.
CONTINUATION:

3. **Create a Productive Study Environment**
   Your surroundings can significantly impact your study session:
   - Minimize Distractions: Find a quiet, well-lit space with minimal distractions. Consider noise-canceling headphones if necessary.
   - Organize Your Workspace: Keep your study materials organized, and declutter your desk regularly.

4. **Seek Help When Needed**
   Don't hesitate to ask for help when you're struggling. UCR offers various resources, such as tutors, study groups, and academic advisors, to support your learning journey.

5. **Self-Care and Balance**
   Remember to take care of your physical and mental well-being:
   - Get enough sleep to boost concentration and memory.
   - Stay active and maintain a balanced diet.
   - Practice stress management techniques, such as mindfulness or meditation.

We hope you find these study methods valuable as you embark on your university journey. Happy studying, and here's to your academic success!
Welcome back to our Fall Newsletter! As you continue your academic journey, we understand that managing your time effectively can be a real challenge. But, we're here to provide you with strategies and insights to help you make the most of your time and achieve academic success.
**STEPS:**

1. **Set Clear Goals and Priorities**
   Having a clear sense of your academic and personal goals is essential for effective time management:
   - Define your short-term and long-term goals.
   - Prioritize your tasks based on their importance and urgency.
   This clarity will guide your daily actions and help you stay focused.

2. **Create a Schedule**
   A well-structured schedule is your best friend when it comes to managing time:
   - Use digital calendars or planners to organize your classes, study sessions, and extracurricular activities.
   - Allocate specific time blocks for each task.
   - Be realistic about the time needed for each activity. Remember to include breaks to prevent burnout and maintain productivity.

3. **Use Time Management Techniques**
   Several time management techniques can enhance your productivity:
   - The Two-Minute Rule: If a task takes less than two minutes, do it immediately.
   - Eisenhower Matrix: Categorize tasks into four quadrants based on urgency and importance, and prioritize accordingly.
   - Time Blocking: Dedicate specific time blocks to similar tasks or activities to minimize context switching.
CONTINUATION:

4. **Learn to Say No**
   As a university student, you'll have numerous opportunities and invitations. While it's essential to explore and grow, it's equally crucial to manage your commitments wisely. Learn to say no when necessary to protect your time and focus on your priorities.

5. **Avoid Multitasking**
   Contrary to popular belief, multitasking can hinder productivity and lead to errors. Instead, focus on one task at a time. You'll complete tasks faster and with greater accuracy.

6. **Use Technology Wisely**
   While smartphones and computers are valuable tools, they can also be major time-wasters:
   - Use apps and tools for time management and task organization.
   - Set app limits or use website blockers to reduce distractions during study sessions.
Review and Adjust
Regularly assess how well your time management strategies are working for you. If something isn't working, don't hesitate to adjust and experiment with different techniques until you find what suits you best.

We hope these time management tips empower you to take control of your schedule and make the most of your university experience. Best wishes for a successful academic journey!
HEALTHY FALL DESSERTS FOR COLLEGE STUDENTS

Apple Cinnamon Cookie Energy Bites

Ingredients:
- 2 cups old-fashioned oats
- ¼ cup ground flaxseed
- ¾ teaspoon cinnamon
- ½ cup almond butter
- ¼ cup plus 1 tablespoon honey
- 1 teaspoon vanilla extract
- pinch of salt
- 1 cup not packed grated apple (about 1 medium)

Instructions

1. In a large bowl, stir the oats, flaxseed, and cinnamon. In another bowl or a liquid measuring cup, stir together the almond butter, honey, vanilla, and pinch of salt until well combined. Pour over the oat mixture and stir until everything is evenly coated. Stir in the grated apple.

2. Scoop the mixture into tablespoon-sized portions, and use your hands to squeeze it together into a ball. Slightly wet hands will help to keep the mixture from sticking.

3. Store the energy bites in an airtight container in the refrigerator. They will keep for 3-4 days. Enjoy!
CONTINUATION:

**Snickerdoodle Mug Cake (Keto Friendly)**

**Ingredients**

*Cinnamon Filling/Topping*
- 2 teaspoons sweetener
- ½ teaspoon ground cinnamon

*Mug Cake*
- 5 tablespoons almond flour
- 1 tablespoon coconut flour
- 2 tablespoon Swerve Sweetener
- ¼ teaspoon cinnamon
- ⅛ teaspoon baking soda
- ⅛ teaspoon cream of tartar
- Pinch salt
- 1 large egg
- 2 tablespoon melted butter (try avocado oil for dairy-free)
- 1 tablespoon heavy whipping cream
- ¼ teaspoon vanilla extract
- Water to thin batter, if necessary

**Instructions**

**Filling/Topping**

- Inside a small bowl, whisk together the sweetener and cinnamon. Set aside.

**Mug Cake**

- In a medium bowl, whisk together the almond flour, coconut flour, sweetener, cinnamon, baking soda, cream of tartar, and salt. Add the egg, butter, whipping cream, and vanilla extract and stir until well combined.
- If your batter is overly thick, add water, 1 teaspoon at a time. It should be just barely pourable. Divide half the batter between two coffee mugs or ramekins.
- Sprinkle half of the topping mixture.
- Divide the remaining batter between mugs and sprinkle with the remaining topping mixture.
5 Minute Apple Crisps

**Ingredients**
- 3 tablespoons coconut oil
- 1/4 cup quick oats
- 2 tablespoons chopped pecans
- 2 1/2 tablespoons whole wheat flour (divided)
- 2 1/2 tablespoons turbinado or brown sugar (divided)
- 1/2 teaspoon cinnamon (divided)
- 1/8 teaspoon salt
- 2-3 apples (about 2 cups chopped)
- honey for drizzling

**Instructions**
1. Melt the coconut oil in the microwave. Stir in the oats, pecans, 2 tablespoons of the whole wheat flour, 2 tablespoons of the sugar, 1/4 teaspoon of the cinnamon, and the salt. Mix until well combined.
2. Chop the apples and toss them with 1/2 tablespoon of the whole wheat flour, 1/2 tablespoon of the sugar, and 1/4 teaspoon cinnamon.
3. Layer a little spoonful of the oat mixture in the bottom of two 9 ounce ramekins or mugs. Top with about 1 cup of the chopped apples and heap the remaining oat mixture over the top. Microwave for 3 minutes and 30 seconds – the apples should be bubbling and the whole thing will reduce in size. Remove and let stand until cool enough to eat. Be careful because it’s going to be really hot at first! Also, the texture improves as it rests and cools. Drizzle with honey for an extra gooey kind of texture. Yum!
How to Prevent **Burnout**

The fall quarter has finally come to a beginning! I hope you all are prepared and ready to take action and overcome your goals. We as college students have so much to learn, plans to accomplish, and personal lives to fulfill, which can lead to us feeling burnt out. What exactly is burnout? Burnout is a state of complete mental, physical, and emotional exhaustion. Some of these symptoms below follow some examples that can show what burnout can be shown through:

- **Physical**
  - Feeling tired most of the time
  - Lowered immunity
  - Frequent headaches, back pain, or muscle aches
  - Change in appetite or sleep habits

- **Emotional**
  - Self-doubt
  - Feeling helpless and hopeless
  - Detachment
  - Decreased motivation
  - Increasingly negative outlook
  - Decreased satisfaction and sense of accomplishment

- **Behavior**
  - Withdrawing from responsibilities
  - Isolation and procrastination
  - Using food, drugs, or alcohol to cope
  - Skipping class – or coming in late or leaving early
There are some things you can do to prevent these signs from happening!

Early recognition of burnout and related risks such as:

- Self-denial can happen
- Cultivate the ability to self-reflect
  - Attend to your own needs
  - Realign goals and expectations for yourself
  - Evaluate a typical weekly schedule and reduce or eliminate unnecessary items
- Complete a periodic assessment and realignment of goals, skills, and work passions
- Exercise regularly
- Eat a well-balanced, healthy diet
- Get enough sleep
- Include daily enjoyable “timeouts”, such as yoga, a hobby, or meditation
- Build up your professional and personal support system
  - Dedicated family time
  - Meeting with mentors to discuss setbacks, time management strategies, and other perceived barriers

Make sure to prioritize your wellbeing no matter what happens.
WAYS TO GET OUT OF YOUR COMFORT ZONE:

Do you want to be more social at your college but don’t know where to start?

Here are some tips and ways you can slowly start to get out of your comfort zone and become more social in order to expand your experiences and seek more opportunities.

Ways to get out of your comfort zone:
- Surround yourself with like minded people
- Join a club or organization
- Go to an event or workshop
- Ask your neighbor in class to study together
- Help volunteer at events on school
- Ask a classmate to grab lunch
- Make small talk while in line
Healthy Fall Recipes

Have a craving to try out new meals in the Fall? Here are some healthy, delicious fall recipes you can make to celebrate Fall in under 20 minutes.

Vegetarian Chopped Salad w/ Creamy Cilantro Dressing

This healthy vegetarian salad includes chickpeas and quinoa which are great for protein boost.

Directions:
1. Make the dressing in a bowl by combining cilantro, buttermilk, mayonnaise, vinegar, salt, and pepper. Mix thoroughly until well combined.
2. Combine lettuce, kale, chickpeas, carrots, bell peppers, and quinoa in a large bowl. Drizzle the dressing over the salad and toss well. Enjoy!

Ingredients:
- ½ cup chopped cilantro
- ¼ cup buttermilk
- ¼ cup mayonnaise
- 1 tablespoon apple cider vinegar
- ¼ teaspoon salt & pepper
- 6 cups torn lettuce
- 2 cups sliced kale
- 1 can of chickpeas (rinsed)
- 2 medium sliced carrots
- 1 diced bell pepper
- 1 cup cooked quinoa
Chopped Chicken & Sweet Potato Salad

This easy salad recipe is low-calorie and high in protein. It includes Fall produce and allows one to use any leftover cooked chicken.

**Ingredients:**
- 3 cups chopped romaine lettuce
- ½ cup cooked diced sweet potatoes
- 3 ounces shredded cooked chicken
- ¼ cup sliced apple
- 2 tablespoons apple cider vinaigrette
- ¼ cup sliced avocado
- 2 tablespoons unsalted sunflower seeds
- ½ ounce cheddar cheese (optional)

**Directions:**
1. Combine romaine lettuce, sweet potato, chicken, and apple in a bowl. Toss the ingredients with apple cider vinaigrette.
2. Top salad with avocado, sunflower seeds, and cheese. Enjoy!

Creamy Spinach-Artichoke Salmon

Salmon is heart-healthy providing omega-3 fatty acids and includes many vitamins and nutrients for the body. This recipe allows the vegetables and sauce to be made quickly while the salmon broils.

**Ingredients:**
- 1 salmon filet
- ¼ teaspoon salt & pepper
- 1 tablespoon extra-virgin olive oil
- ¼ cup thinly sliced shallot
- ½ cup heavy cream
- ¼ cup chicken broth
- 1 teaspoon cornstarch
- ¼ teaspoon garlic powder
- 3 cups chopped spinach
- ½ cup sliced artichoke hearts

**Directions:**
1. Preheat the broiler to high. Line a baking sheet with foil. Once heated, line salmon skin-side down on a baking sheet. Sprinkle it with salt & pepper. Broil for 8-10 minutes.
2. Meanwhile, make the sauce. Heat oil in a skillet over medium-high heat and add shallot, cooking, for a minute.
3. Whisk cream, broth, cornstarch, garlic powder, salt, and pepper together in a bowl. Add to the skillet. Cook and stir occasionally until it starts to thicken, about 2 minutes.
4. Add spinach and artichoke hearts. Cook for 1-2 minutes more.
5. Remove salmon from the broiler. Top the salmon with the sauce. Enjoy!
Wellness Ambassador Spotlight

Tiffany Tallackson

“My well being journey began with me taking various dance classes growing up and learning how to engage in embodied movement. However, at the time, I would say I didn’t see it that way, but more so expressing myself through dance. Once I was an undergraduate student at UCR, I had stopped dance practice altogether, and needed to find another way to move. I wasn’t active other than dance growing up and didn’t feel a connection to common physical activities. Regardless, I ended up finding not only a place, but a home at the Student Recreation Center, where I took group fitness classes. This was prior to the new building being developed and the weight room was rather intimidating back then. In group exercise, I began to see movement from a different light - just taking time to move does so much for the mind and body, and being active in any way is beneficial for health and overall wellness.

When I began to embrace other forms of movement, I also grew an interest in other methods of well-being. Mindfulness and awareness to myself became prevalent methods to reduce stress and burnout, and it was then when I wanted to be more active in creating similar experiences for others. I feel content in group-focused activities, as it is through social support and the sense of community that I can see how we can all learn and grow together. The UCR wellness program has been a great way for me to connect with like-minded people, and to promote wellbeing to those who may see it in a different way. Our campus encourages personal development, and I believe that it is through our collaboration in overall wellness that allows us to flourish. I also think that the program does a great job in promoting all forms of well-being, not just with physical movement, which is beneficial for everyone.”