Strategies for Good Time Management

Your midterms are coming close, and you are probably realizing that time management is the key to good grades. There are 168 hours in each week, so use the following tips to make sure that you are making the most of them:

1. Get started—Procrastination is one of the all time classic time wasters. Often, an equal amount of time is spent avoiding a project, as actually accomplishing the project. A survey showed that the main difference between good students and average students was the ability to start their homework quickly.

2. Get into a routine—Choose a time each day to do things such as checking email or Facebook, studying for that certain class, or working out. Find a day planning calendar that works for you and use it!

3. Do not say yes to too many things—Getting involved on campus or in the community is highly encouraged. However, don’t over commit yourself. Prioritize and participate only in those activities about which you feel most passionate.

4. Divide large tasks—Large tasks should be broken up into a series of small tasks. By creating small, manageable tasks, the work fits better into your hectic schedule and the entire project can be accomplished without being overwhelming.

5. Do not put unneeded effort into a project—There is a place for perfectionism, but for most activities, there comes a stage when there is not much to be gained from putting extra effort into it. Save perfectionism for the tasks that need it.

6. Deal with it for once and for all—We often start a task, think about it, and then lay it aside. This gets repeated over and over. Either deal with the task right away or decide when to deal with it.

7. Set start and stop times—When arranging start times, also arrange stop times. This will call for some estimating, but your estimates will improve with practice. This will allow you and others to better schedule activities.

Source: Meredith Malnar
SPOTLIGHT ON: SFA Homecoming!

Monday, October 26
6 p.m. Homecoming Kick Off Surfing Steve Statue
7 p.m. Hocus Pocus Movie Event Surfing Steve Statue
*Online Voting begins on mySFA.8 a.m.-10 p.m.

Tuesday, October 27
6 p.m. ODK Pop Trivia BPSC Axe Handle Café
7 p.m. SAA Haunted House BPSC Regents Suite
7 p.m. Costume Fashion Show BPSC Plaza
7 p.m. Homecoming Theme Event BPSC Twilight Ballroom
*Ballot Voting Begins in BPSC Plaza 11 a.m.-2 p.m.

Wednesday, October 28
10 a.m.-6 p.m. Zombie Prevention Project: Blood Drive BPSC Regents Suite
3 p.m. Campus Recreation Tye Dye Campus Recreation Courtyard
6 p.m. RHA Fall Fest BPSC Plaza
8 p.m. SAA Homecoming Paint Party BPSC Plaza
*Parade Registration Forms Due by 5 p.m.

Thursday, October 29
7 p.m. Spirit Organization Cheer BPSC Grand Ballroom
8 p.m. Homecoming Concert: Featuring Young Nation BPSC Grand Ballroom

Friday, October 30
8 p.m. Torchlight Parade SFA AG Pond
9 p.m. Bonfire & Pep Rally Featuring Frankie Ballard Intramural Field

Saturday, October 31
8 a.m. 6th Annual Homecoming 5k SFA Schlief Tennis Complex
10 a.m. Downtown Parade Main Street, Nacogdoches
3 p.m. Lumberjack Football Homer Bryce Stadium

Source: http://www.sfasu.edu/studentaffairs/94.asp
SFA History, Traditions, & Pride

- **Stone Fort**—It’s always been said that if one steps into Stone Fort they will never graduate. Now, that has never been proven, but I have enough trouble in Finance Class already, so I won’t take the chance! Treat Stone Fort like a museum, “Look but don’t touch.”

- **Chester The Ghost**—There is many different speculations as to who the Ghost actually is. One claim as to who he is, is that the buildings architect had constructed the building and found that he had built the whole building backwards. This Grief resulted in him taking his life. many involved with Turner Fine Arts have many different claims and experiences with Chester.

- **Ole’ Cotton**—During home football games when you hear a loud BOOM noise it’s not an alien invasion or worse, it’s our cannon Ole Cotton. When SFA scores a touchdown, the ROTC guys and gals fire off Ole Cotton to symbolize the Axe ‘kickin’ commencing at Homer Bryce.

- **Chief Caddo**—On the subject of rivalries, SFA’s other big rivalry is with Northwestern State University. “Why with a random school in Louisiana,” you might be asking yourself, but there is more to it than meets the eye. Get this, NSU is located in a town called Natchitoches, (No that is not a typo for Nac), and the town itself is also the oldest town Louisiana. The story known most is that an Indian chief with two sons sent one east and the other west, and they traveled the same distance and established villages. So, the winner of this rivalry game receives a statue named Chief Caddo. He stands 7 feet 6 inches in height and weighs over 320 pounds. Chief Caddo is a homage to the father of the two sons who established the two towns. The game is set for Nov. 21st.
Student Health Services

It is at this point in the semester that the all-nighters, close living quarters, and cooler temperatures outside start to add up to coughs, colds, and the flu for many students.

Luckily, you don’t even have to leave campus to visit a doctor who can help you get back on the road to recovery in time for midterms. If you are feeling under the weather, you can visit the SFA Health Clinic anytime Monday through Friday from 8:00 am – 5:00 pm on days that the university is open. The clinic is located on the corner of East College and Raguet Streets.

Best of all, students are seen without charge, and there is currently no charge for laboratory diagnostic services carried out. The cost for the services rendered is paid for in part by student fees and in part by the school’s budget.

For more information or to make an appointment, call 468-4008 or visit the Student Health Clinic website: http://www.sfasu.edu/healthclinic/

Health & Fitness

Campus recreation promotes a wellness focused environment which encourages healthy lifestyle choices, social interaction, and enhances the total student experience through educational experiences, activity participation, student development oriented opportunities, and excellent support services.

Campus Rec offers a variety of fun ways to get the daily recommended 30 minutes of exercise including Fitness classes, Aquatics, Outdoor Pursuits, Intramurals, Sport Clubs, as well as a full working gym. They also have racquetball, an indoor track, and a rock wall! Don’t miss out on any of these! Check out there website: http://www.sfasu.edu/campusrec/