

Chapter 1 : 33 Things High School Seniors Wish They Knew As Freshmen | HuffPost

Find non-invasive ways to hang out. Just do things that you would want to go to. Nothing crazy, just something that will help refresh everyone! Host a snacks potluck and movie night sometime, or start a study group.

Wine, dessert, sweet, 4 oz. When drinking alcohol on a regular basis, certain vitamin and mineral deficiencies can follow. Examples of these deficiencies are as follows: Folate helps to create and maintain new cells. Alcohol interferes with the intake, absorption, transport, storage, and release of folate. Vitamin B12 is required to make DNA and maintain healthy nerve and red blood cells. Alcohol has been shown to decrease the levels of B Vitamin A is needed for vision, regulation of the immune system, bone growth, reproduction, cell division, and differentiation. Alcohol decreases the levels of this vitamin and increases toxicity when alcohol is consumed in large amounts. Calcium is needed for blood vessel and muscle movement, for the secretions of certain hormones and enzymes, and for sending messages through the nervous system. Consumption of alcohol can cause a loss of calcium through urinary excretion. These deficiencies can lead to weight issues caused by malnutrition. When consuming alcohol, these vitamins and minerals must be replaced. Often this is how certain cravings arise. When acetate is present, the body will burn it up as calories before anything else. As a result, anything you ate prior to drinking your alcoholic beverage will be stored as fat. Alcohol also makes it harder for the body to burn fat that is already present by slowing down a process called "liquid oxidation. Not only that, but they also chose to eat more fatty and salty foods. They also found that urges to snack were much higher among drinkers. Drinking alcohol also increases the body fat percentage. Those who do not drink a large quantity of alcohol seem to have the best quality diets. In this study researchers compared the Healthy Eating scores of 3, participants in the National Health and Nutrition Examination Survey with their overall consumption of alcohol. They used frequency, quantity, and average daily volume to measure the alcohol consumption. The researchers found that as the alcohol quantity increased, the Health Index scores declined. As the frequency of alcohol consumed increased, the Healthy Eating scored declined. Diet quality was the poorest among those who consumed the largest quantity of alcohol. Care packages filled with unhealthy treats, sent usually by parents, was found to be the leading cause of weight gain. Those who drank less alcohol in an infrequent time frame had the best health index scores overall. This is more prevalent for freshmen because they are still transitioning from high school. College students can hold jobs while taking classes and may feel they have no time for studying, while freshmen might be stressed just trying to adjust to the college work load. There are hundreds of reasons for why college students get stressed, but, whatever the reason, it also can lead to weight gain. This is because when the body is stressed, it releases hormones such as adrenaline or more importantly cortisol. Other studies have shown that when people are stressed, they have cravings for foods that are high in calories such as sweet, salty, and processed foods. Not only do people crave bad food when they are nervous or stressed, but they eat large quantities of it through continuous snacking even though they might not be hungry. A study done by Jatturong R. Wichianson and colleagues at the University of Southern California showed a direct relationship between eating late at night Night eating syndrome and stress levels with college students. They used a standardized test to measure both the levels of NES and perceived stress each student had. The results showed that students that had higher levels of stress were more likely to have NES due to the inability to adapt. This study shows that students who were not able to deal with stress appropriately were more likely to use late night eating to solve their issues. College students being happy with their body image is hard to maintain due to the stress and comparisons of other college students. Body image in college students is of great concern because body dissatisfaction is one of the most consistent risk factors for eating disorders and is a significant predictor of low self-esteem, depression, and obesity. The two most common eating disorders are anorexia and bulimia. Bulimia is generally eating large amounts of food in a short period of time, usually within a span of two hours, then trying to get rid of the food by various methods; purging, laxatives or over-exercising. This is what develops eating disorders because students feel the need to be thin and skinny in order to avoid the "Freshman 15" weight gain. Statistics show that 91 percent of women attempt to control their weight by dieting.

Currently, beautiful is considered good and thinness is synonymous with beauty, which makes it valued by society while its opposite, obesity, is strongly rejected. Although the ideals of female beauty vary as a function of esthetical standards adopted at each time, studies show that women have tried to change their bodies to follow these standards. Developmental and social changes that may impact body image include: Physical and emotional separation from family, requirements for high academic performance, and transitions such as moving from home to residence hall. Mihalopoulos and colleagues developed a study at a private university in the Northeastern United States. Their goal was to determine if college students did truly gain weight in their freshmen year. Test subjects were made up of male and female freshmen college students who lived on campus. They took an online survey to answer questions about their eating patterns, social behaviors, as well as weight. The purpose of this was to discover if the individuals showed signs of body image issues or eating disorders. The results showed that about half of the test subjects gained weight. The men gained an average of 3. These results disproved their hypothesis that the women would have a larger weight gain than the men, but this stays consistent with other studies done on the hypothesis. The New York Times. Retrieved 5 September Critic - Te Arohi. Retrieved 11 April Avoid College Weight Gain". Retrieved February 7, Retrieved November 1, Redican, Wen You, and Aaron D. University of Arizona Ebook. Journal of Adolescent Health. Baylor College of Medicine. Archived from the original on Retrieved 15 April Volume , Issue 3, March , Pages " The New York Times:

Chapter 2 : Freshman's Guide: Making Friends in College - Life as a Dare

And if you find at least one friend, that friend could help you get to know more people. The friend in your class could also serve as academic support and can serve as a contact person if you missed class or have any questions.

Monday, August 22, Letter to High School Freshmen My sister just began her sophomore year of high school a little less than a week ago. Everything will be so different. I personally loved my high school experience. I made wonderful friends and learned so much. High school is such a transformative time in your life. You can either learn from it and have a great time or you can become immersed in drama and hate those four years. To the high school freshmen Welcome to high school! I remember how scary the summer before I started high school was. Life is going to change quite a bit. Other than my senior year which kind of felt like a big party , freshman year was the most impacting, challenging, and transformational time of my entire high school career. I made some of the best friends of my life when I was a freshman and I also grew so much closer to the Lord than I ever had before. If I could go back and give words of encouragement and advice to myself as a freshman, these are some of the things I would say: Work hard at school, even if no one else seems to be. The grades you make now will be very important when it comes to making the top four, top ten percent, top quarter of your class. It can also help you set the study habits for the rest of high school when classes get quite a bit harder. Anyone can be your friend. Middle school is such a drama-filled time. Even if someone was mean to you in Jr. Go into high school with an open mind and be willing to make friends with anyone and everyone. Dating is so pointless. To be honest, I entered my freshman year of high school wanting to go on my first date and have my first crush and have a guy like me back. Dating in high school, especially freshman year, can cause unnecessary drama and heartache in your life. Make some great guy friend and focus the rest of yourself on the Lord. Use this time to grow closer to the Lord. This will be a very transformative year in your life. The leap from middle school to high school is pretty big. You will probably mature a lot in these next nine months High school will change your life. Make sure the change is for the better. My freshman year of high school was so much fun. While I did have some hard times when I was a freshman, like losing a friend to suicide and struggling through the process of overcoming self injury, I also had many, many moments of joy and transformation. Keep a friendly, sincere smile on your face as often as you can remember and you will make friends. I love you, freshmen!

Chapter 3 : From The Message Boards: I Need Advice On Being A Freshman In High School - calendrierd

Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.

For upcoming freshmen, the transition into high school can be easy for some but difficult for others. When I was a freshman, I had many friends who were upperclassmen, but not many of them gave me advice on how to approach my years in high school. I had a less than pleasant experience transitioning into high school and learned many lessons the hard way. Here are some ways to enjoy your high school experience, rather than deal with unnecessary high school drama. Your friends should motivate you and keep you on the right path. Keep a group of friends that you can always have a great time with. Drama is often the definition of high school. It can end very badly, and making enemies can build a negative reputation for you. One might want to fit in and make a name for oneself, but creating conflicts with other people is never the way to go. Again, petty drama is never worth it. The issues you run into during your freshman year can follow you throughout the years to come. This is one of the most difficult things to do, yet so simple at the same time. Pacing yourself is a lot easier than it seems, and it gives you a much more relaxed schedule and feeling of accomplishment. Get to it as soon as possible so that you have more time to bask in the glory of finishing an assignment early. Whether you need tutoring, assistance or counseling, teachers and peers are always available to help. It never hurts to ask, and there are always people who are willing to give up time to make your life a little less stressful. A little help goes a long way and can save you lots of trouble that would otherwise hold you back. This is the most important piece of advice I can give. Do what you think is right for you. No one else can tell you who you are. One of my favorite teachers always tells me "To thine own self be true. Digital access or digital and print delivery.

Chapter 4 : Emily is Smiling: Letter to High School Freshmen

A private burial service was held in Massachusetts on Monday for the Lafayette College freshman who died last week.

Some of it will be great, some of it will be unwanted, but a lot of it will be bad. Sometimes reading these books makes you feel better than any advice ever could. There are thousands of options to choose from out there, but I think the 15 below are a great place to start. Here are 15 books every high school freshman girl needs to read now: This is one of my favorite books about being a young girl. The book follows the main character, Eveline, through high school and college. We watch as Eveline falls for her first serious boyfriend, then falls out of love with him, we watch her deal with sexual harassment and more, we watch her fall in love with her teacher, deal with an absentee mom, watch her ex-boyfriend who still loves her get addicted to drugs, all the while watching her try to get through life. Dare Me is about two high school cheerleaders, Addy and Beth, and their new coach. This book explores friendship and passion in a way you will totally relate to. Honey Baby Sweetheart tells us the story of Ruby, who falls for the wrong guy, and then finds solace in unlikely company - her mother and her friends. Lee is an awkward and shy outsider who is just trying to fit in, and ends up observing everything else. This book understands high school in the best way. But This Lullaby is still my number one favorite. This Lullaby is narrated by Remy, a recent high school graduate who is sarcastic, kind of angry, and very jaded about relationships, thanks to a dramatic family history. Remy vows to never fall in love or take a relationship seriously - until she meets Dexter, who is different than everyone else. This book is a story of first love between two outsiders. It sounds cliché, but there are so many rave reviews for this book that there must be something extra special about it. It definitely seems worth the read. The Center Of Everything tells the story of Evelyn, a girl who is just trying to get through adolescence in some difficult conditions. Cut is about exactly what it sounds and looks like: Callie, a girl who cuts herself to deal with the depression and anxiety she has. The Jessica Darling series follows the main character, Jessica, through high school, college, and after college, but this first book focuses on her in high school. Jessica is the sarcastic, jaded, hilarious girl you wish you were best friends with. Jessica is the virgin good girl who is bored of her life and seriously missing her best friend, who moved far away. This book is totally engrossing and will understand you better than you understand yourself. Slam is written in the narrative of a teen boy, Sam, who gets his girlfriend pregnant. I saw the movie, but I thought the book was better. Ingrid is a famous and brilliant poet who is in prison for murder, leaving Astrid to fend for herself in a world of terrible foster homes. It tells the story of Melinda, a quiet outcast who has no friends after she called the cops on a big party. She stops talking altogether, only finding peace in art. Readers eventually find out that Melinda was raped, and her rapist is still at large in her school, making her feel threatened. Which is your favorite? What did I forget to include? Tell me in the comments. You can follow the author, Jessica Booth , on Twitter or Instagram.

Chapter 5 : Freshmen Slogans

Freshmans Boutique, Sheffield. K likes. Men's Clothing Store. This bag and contents was left in store yesterday it has the name Steven on it and it's Hallam university please share so we can get it back to its owner.

Today, though, I want to change focus a little bit and make it more social. Making friends in college can be tough. In high school, everyone knows everyone, and you spend all day with the same people every day. In college, though, everything changes. And I was a homeschooled, opinionated, nerdy, over-achieving, younger-than-everyone-else kid. And you know what? I made some of my best friends on that day! So although it may be intimidating, making friends is very possible. Of course, there are some things that make it easier, and some things that are definite no-nos. You can look around, find someone who looks friendly, and sit next to them and you still have a good 5 or 6 minutes to strike up a conversation before class starts! Showing up only a little bit before class is ideal. So go early, find where the classroom is, and then go somewhere else and go over the syllabus or organize your binder to make sure you can take notes effectively. Then head in at around 7 minutes before and find someone nice to sit next to! Rather, be friendly with everyone, but make an effort to get to know only a few people. Remember that you want to have a few friends but many friendly acquaintances. Just be polite, and get to know a few people you click with. Get involved in groups I have made amazing friends in my classes, but my best friends are from the Christian fellowship group I got involved with immediately after starting school. I met my husband and all of our groomsmen through my Christian group, IVCF, and we have made so many lifelong friends through it. I know that in some schools there are actually Christian sororities, which sound amazing! The other great thing about groups is that they are self-selected peer groups. Are you into languages? Join a Spanish study group! Do you like to run? Join a track group! Find something that excites you so that you have a break throughout your crazy week where you can go and just have fun. Be respectful of boundaries Be respectful. He was wearing a sweatshirt with a death metal band logo on the front, had a bunch of tattoos, and piercings. But you know what? We actually hit it off! Different cultures, religions, upbringings, etc. Take advantage of it! Click To Tweet Find non-invasive ways to hang out Just do things that you would want to go to. Nothing crazy, just something that will help refresh everyone! My house loves hosting tea parties where everyone comes over and we get to wear pretty dresses and eat scones. Grab coffee after class sometime, and before assignments or tests are due why not get together with some kids in your class and study together? Try to avoid inviting yourself over to their place, or making it very inconvenient for the other person. I lived off campus for the last two years 20 minutes by bus, so if I hung out with people it was generally at a Timmies near school or in a coffee shop on campus. Low-key, casual, and quick. But often the 45 minute coffee break is exactly what the both of you need in the middle of a busy week. Try again at the next class! Not everyone in the same class has the same interests, the same academic goals, etc. So just talk to people until you find some you click with. Believe that you are worth it! Trust me—you are your own worst critic. We see our flaws magnetized 20x their actual size. You are an amazing person—remember that! You are not defined by how much success you have had in the past at making friends, by how you feel about yourself, or by how you compare to other people. You are defined by who you are, and by your identity in Christ! Moving out and going to school is scary. Friends can really help with that, and can help you feel more at home with your new life.

Chapter 6 : 10 Things No One Tells You About Your Freshman Year Of College | HuffPost

Some tips to get you ready for your freshman year in high school. If you found this helpful, send it to a friend thats a little fishhhhyyyy! Thanks for watch.

From The Message Boards: Shutterstock Back-to-school season is officially here, and a lot of you are just starting high school. In fact, we all were. Going to high school can be really daunting, especially as an incoming freshman. Get involved in activities to meet people and network. Study, use time management. Avoid senior and junior boys. I highly suggest just flirting. Talk to teachers after class if you want more info in the course, some may actually like you. Get a planner and write down all homework and future projects. Just find who your friends are and stick with it. Honestly, freshman year was a huge personal journey for me. High school goes by really quickly my freshman year felt like it was only 5 minutes long so make sure you make it memorable. I already had a tough year in eighth grade because I was the new girl , and then I had to transition again as a freshman when we moved up to high school. That was a lot to handle in a short period of time. Since my middle school fed directly into my high school, I fortunately got to transition with my friends so that was helpful. But even though I was going into my freshman year with my group of friends, I was still nervous and worried about what to do. I also highly recommend focusing on school. Get to know your teachers so you feel comfortable asking for help if you start struggling with a class. The most important thing to remember is to just be yourself! Freshman year is not as scary as you think, I promise. Are you an incoming freshman? What advice do you have for anyone starting high school? Tell us in the comments!

Chapter 7 : ShieldSquare Block

My friend kept saying he wasn't responsible even though he switched the Viagra for the caffeine pills --we were studying for 4 midterms. I wouldn't compromise and refused to go to the hospital. My throbbing head and the rest of my throbbing member hurt so bad I was crying on the floor.

Chapter 8 : The Best Ways to Survive Your Freshman Year in High School

im in my 2nd month of high school(im a freshman)and have 1 friend whereas in 8th grade i had a huge group of friends this change is too much for me. i cant seem to handle it.

Chapter 9 : 15 Books Every High School Freshman Girl Needs To Read Now - calendrierdelascience.com

The Freshman Lyrics by The Verve Pipe at Lyrics On Demand. The Freshman Lyrics by The Verve Pipe. One Hit Wonders My best friend took a week's Vacation to forget her.