Your January Student Health 101 and Parent Perspective!

PSU Parents -

As a service to our families here at PSU, we are providing an online subscription to Student Health 101 for both your student and you. Student Health 101 is a monthly health and wellness magazine just for college students and their parents. Each issue contains valuable information that will help your student make better decisions while in college, and can help you with a better understanding of the health and wellness challenges that face today’s students.

This is the latest issue of the parents-only Parent Perspective, along with the Student Health 101 issue that your student will receive. Please take a few minutes to read the issues, as we believe that they can be a valuable resource for you and your family.

You can read the January issue of the Parent Perspective online: http://readsh101.com/pdx-pp.html.

This January issue has some great articles including:
- How to Talk to Anyone
- Beat the Wintertime Blues
- Adopt the 5 Habits of Healthy People and Live Better
- Tips on Avoiding the Cyber Crime Web
- PLUS: How Cy Young Winner Zack Greinke learned to succeed in social settings
- And much more…

You are also invited to read the accompanying Student Health 101 issue for our students: http://readsh101.com/pdx.html.

Be sure to read the December issue, with Winter Workouts, Can’t We All Just Get Along?, New Year’s Resolutions and more, online: http://readsh101.com/pdx.html?id=220878.

And – if you’d like to learn more about how to fight the spread of the H1N1 Flu, visit this website: http://readsh101.com/h1n1tips.html

Best of luck to you and your student in the New Year!

Thanks,

Gwyn Ashcom, MPH, CHES
Outreach Coordinator
Ctr. For Student Health & Counseling
gwyn@pdx.edu

Erin Orndorf
Coordinator, Fitness and Health Promotions
Campus Recreation
orndorf@pdx.edu