

road trip

Volume 10, Issue 1

newsletter for commuter & off-campus students

February 2011

FINANCIAL AID AWARENESS WEEK JANUARY 31—FEBRUARY 3

Register to Win a \$100 Scholarship!!

Look for Financial Aid Representatives
at these locations!

Monday, January 31

One-Stop-Shop 11:30a-1:30p

Tuesday, February 1

One-Stop-Shop 11:30a-1:30p

Contact the Financial Aid Office to schedule a
Help Session at (713)-794-2315.

FINANCIAL AID & SCHOLARSHIP DEADLINE

March 15, 2011

(Academic Scholarships; Summer, Fall & Spring Financial Aid)

Apply NOW!

Financial Aid is awarded on a first-come, first-served basis.

RECYCLEMANIA

Jan. 23 - Apr. 2

All campuses are participating in the RECYCLEMANIA Campaign to raise awareness of reduce, reuse and recycle efforts on campus. The theme, "Be Part of the Solution: Recycle," was coined by Librarian Marilyn Goff!

Special blue recycle bins are available for paper recycling at the computer lab and at ARC on the 4th floor. Plastic bottle recycle bins are available for checkout through the ARC for special events.

A Swap Sale is also scheduled for late February to promote the reuse of books, videos and music CD's!

Visit <http://www.twu.edu/fmc/RecycleMania.asp> for Tips of the Week and RecycleMania updates or, for more information regarding the Recycle Mania Campaign, visit <http://recyclemania.com>.

UPCOMING CAMPUS EVENTS:

February

- 1-11: Valentine Cards for TCH Patients
- 5: Open House & Apartment Fair
- 11: SGA Zoo Outing
- 14: SGA General Meeting
- 14: Health Professional Career Day 11a-2p
- 15: International Student Festival
- 22: Feb. B-day Celebration
- 28: SGA General Meeting



TWU LIBRARY FILMS ON DEMAND DATABASE

<http://ezproxy.twu.edu:2319/featuredvideos.aspx>

TWU Libraries
Databases A-Z List

Check the status of electronic resources by viewing the [TWU Libraries Help Blog](#)

[Database Tutorials](#)

A

- [eBELL \(Annual Bibliography of English Language & Literature\)](#)
- [ACP PIER & AHFS DI Essentials](#)

The library has *Films on Demand* databases with more than 5,000 video segments that can be viewed online. Link to *Films on Demand* from the A-Z list of databases at www.twu.edu/library (see left). The Health and Medicine group is always available, but others are made available on a rotating basis. Login using your Portal user name and password and search by subject or segments.

F

- [Family & Society Studies Worldwide \(EBSCOhost\)](#)
- [Films on Demand](#)
- [FirstSearch 1](#)
- [Fuente Academica](#)
- [Funk & Wagnall's New Encyclopedia](#)

Health and Medicine

View by subject: Diseases, Disorders & Disabilities, HealthCare & Treatment, Health Careers, Human Anatomy and Physiology, Nutrition, Personal Health & Wellness, and Public Health.

See what else is available:

FILMS ON DEMAND

SEARCH TERM: DANCE

View By Subject

- [Dance in Video](#)
- [Theater in Video](#)

Healthy Power of Dance
The power of dance is a source of inspiration and energy. It is a powerful tool for personal growth and self-expression. This video explores the many benefits of dance, from physical fitness to emotional well-being.

Dance in Video contains dance productions and documentaries by the most influential performers and companies of the 20th century. Included are classic performances from top ballet companies; experimental works from up-and-coming dance troupes; documentaries by and about leading choreographers; and videos on dance training.

Theatre in Video contains the world's most important plays, together with video documentaries, online in streaming video.

TOTAL HEALTH CHALLENGE ONLINE

Begins 2/7 • www.twuthco.com

If you are an online student, then this program is exclusively for you!

Total Health Challenge Online is an educational weekly challenge designed to encourage a positive and healthy lifestyle! Wellness-based topics with personal challenges will be presented for 10 weeks this spring. *At the end of each week, students who participate are eligible to win cool prizes!*

Any TWU students taking online or hybrid classes can participate! Participation is voluntary and can be intermittent, which means students can pick and choose which weekly challenges to complete based on their interests and schedules.

Each week will include personal challenges, short articles, videos and/or quizzes/games. Weekly challenges focus on topics related to time of year or campus events. Some of the topics tackled this spring include: anger and civility, anxiety, fitness and nutrition, and self esteem.

Contact Michelle Reeves at mreeves@twu.edu or 940-898-2908 for more information.

Student Health Services

Your Campus Health Partner

February is a busy health awareness month! It is Heart Health Awareness Month. Heart Disease is the #1 cause of death in the U.S., killing 1 woman every minute. You can reduce your risk of heart disease by exercising regularly, eating more fruits and veggies, maintaining a healthy weight, and if you smoke, quit!

February 13-19 is *Sexual Responsibility Week*. Are you celebrating Valentine's Day in a responsible way?

February 21-28 is *Eating Disorders Awareness Week*. Do you know the signs and symptoms?

January was also *Cervical Health Awareness Month*. Do you know your risk?

Contact health education at 898-3833, or healtheducation@twu.edu, for more information regarding cervical cancer and HPV, sexual health, eating disorders, or any health topic that is important to you.



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