Welcome all new students and welcome back all returning students! Just in case you’re wondering, I don’t speak all those languages and I’m hoping that the Google translator I used is correct! Anyway, a new semester is upon us and that means getting back to the books.

Speaking of books, Fairleigh Dickinson University Vancouver has a wonderful new program, headed by yours truly and the Student Government Association, that rents out books to students. That means great savings for all! I spent over $800 on my books last semester and my wallet has been complaining since. New students will be privileged by having the option of renting most of the books that they need, thus costing a fraction of the cost that I paid – exactly 40% of the cost. Isn’t that wonderful? Imagine what you can do with a possible $480. For the boys, that means you can get a girlfriend (if time permits) a new Louis Vuitton purse or something for the girls or whatever you may be into. OK, back to my welcoming speech. Actually before I continue, I would like explain some of the activities that you can expect this semester:

First will be the grand opening of the first official FDU-V club! The FDU Finance/Investors Club will start in January and everyone is welcome. We will split up into teams and use Yahoo to buy and sell stocks. We will use test accounts unless you’re brave enough to put your own money in (by the way I am not responsible for your losses). The time and date of the first meeting will be coming out soon. Get back to me if you’re interested and haven’t heard of anything for a while.

Second will be the continuation of the ever-so-popular Wiikend! As long as we will have access to a Wii, there will be a Wiikend. Though we will hardly have class on Fridays, a spirited Wii tournament will be held where the winner will have his or her chance to make a victory speech in the FDU-V Global Gazette. If the school is too far for you to attend the Wiikend, a Wiifest during class days will be considered (I’m sure there will be little resistance). There will be enough buzz in the school to find out the times of these Wiifests.

Third is the potluck. If you’ve participated before, then you know why it’s coming back. If you haven’t participated then you’ve missed out. Simply put, the potluck is a chance to feast on a variety of wonderful foods. Participants should bring about 30-40 small portions of food to enter. It’s a small price to pay for a gargantuan return.

Fourth is the possible return of FDU-V movie nights. FDU-V has a sweet auditorium that looks like a movie theatre so why waste it? Some suggestions for movie nights were Scarface, The Godfather, and – oh I don’t know – City of God. Movie nights give us all a chance to watch movies on the big screen without having that obnoxious guy, who laughs at all the wrong moments, always ruining the movie.

Fifth is a still up for debate. If you have an idea or you want an event to happen, we are always listening (if we have not passed out from exhaustion). Finally, it’s time for my long awaited speech. As the navy captain from the Simpsons so eloquently put it before the war games in season 9 in the Homer Tide episode: “I’m a man of few words – any questions?”

Filip Krol,
President of FDU Vancouver Student Government Association
It’s a fact. Studies show that students tend to gain between three and ten pounds during the first two years of university. This fluctuation in weight is what we call the Freshman 15 or the fifteen pounds students have been known to gain when starting their university career. But why would you suddenly start gaining weight? First, there’s the availability of snacks and treats at school functions and events. For many students this is the first time they get to truly decide for themselves what they eat, and they usually have to pay for it all themselves (students usually like McDonald’s because it’s cheap and quick but it’s also laden with empty calories). There’s also an increased level of stress at university which causes often leads to students eating at times they never did before. (Like 2am!). Homesickness can also cause students to overeat or eat the wrong foods. Comfort foods can be a remedy for many ailments. But because many university age students are still growing, not all weight gain is abnormal.

So what are some tips for avoiding the unwanted Freshman 15?
- Avoiding eating when stressed or watching tv
- Eat at regular times and do not skip meals
- Fast food is OK but it’s not for everyday
- Snack healthy (say fruit or nuts instead of chips)
- Drink water or juice instead of soda (or go diet)
- Exercise; you should walk at least 20 minutes every day.

A new year makes many people want to start from fresh and resolve to do, and be, better in the new and upcoming year. While many resolutions may only last as long as the first few days, it seems that every year people continue to make new year’s resolutions. So what are the most popular resolutions made every year? According to About.com the top ten new year’s resolutions include:

#1- Spending more time with family
#2- Remember to find the time to exercise
#3- Lose that extra weight (plus what you gained during the holiday season!)
#4- Finally Quit Smoking (For real this time)
#5- Simply try to relax and enjoy life more
#6- No more alcohol
#7- Get out of debt and learn how to become financially independent
#8- Take the time to learn something new
#9- Find a way to help others and have an impact on the world even if just in a little way
#10- Get Organized (Starting with putting away all those presents!)

So what will your new year’s resolution be this year? Or have you resolved not to make a resolution?
In university you’ll take a lot of classes but few of you will ever have a class that teaches you how to take notes in class. Here are a few tips on how you can take effective notes and get the most out of class.

1. **Write Down Key Facts.** Many professors will write down their own notes on the board and if it’s important enough that they wrote it down you probably should too!

2. **Class Comes First.** Don’t get swept away with writing down every detail. Listen to the professor and just jot down the main points as you go along. You can always go back later and add to your notes from the text.

3. **Don’t be Afraid to Ask.** If you missed something or maybe you simply didn’t understand what was said, it’s ok to ask for clarification. If you don’t want to ask during class wait until class is over and ask the professor if they will review it with you.

4. **Compare.** When you read the text, have your notes with you so you can compare what you’re reading with what you’ve taken notes on. (This is also a great way to prepare for future classes.)

5. **Decipher.** Can you read what you scribbled in class? Review your notes from class by re-writing them (and so you can read them in a few weeks when you review for exams!)

6. **Use one notebook for each class.** Keep all your notes together so you know where everything is when it’s time to study.

Note-taking takes time to organize and set up but it saves you time in the long run and should help you when you need to sit down to study. Best of all, note-taking helps your brain better absorb what you’re taught in class.
The Global Gazette is a student focused, monthly newsletter designed to cover anything and everything that affects the FDU-Vancouver student. To be a part of the creative team or to write for the Global Gazette contact Megan Baillie in the Office of Student Services or by email at baillie@fdu.edu.