“Writing 101: The Fundamentals of College Writing”
Wednesday, February 16, 6:00PM
In the Nebraska Union Food Court C-D
Academic Event
(1st & 2nd year Scholars)

This workshop will teach you the fundamentals of college writing, and how writing can affect your performance in the classroom. You will learn the proper format for writing papers, research articles, and essays.

“Financial Fitness: Getting Your Financial Life in Shape”
Thursday, February 17, 12:30PM
In the Nebraska Union Food Court C-D
Life Skill Event
(1st & 2nd year Scholars)

The University of Nebraska Credit Union will do a workshop about helping you get into financial shape while in college. They will discuss budget options, saving accounts, credit score, credit cards, and the present state of the economy.

“UNL Health Center Wellness: Depression & Anxiety Awareness”
Monday, February 21, 6:00PM
In the Nebraska Union Food Court C-D
Life Skills Event
(1st & 2nd year Scholars)

Staff from the UNL Health Center will teach you the nature of depression and anxiety, effective ways of dealing with problem situations, and strategies for looking objectively at behaviors, feelings, and certain thought processes.

Upcoming Events...

February is “Wellness Month!”
Friday Afternoon Club is the perfect place to get some homework done before the weekend!
When: Friday, February, 18th
3:00pm – 5:00pm
Where: Mari’s Lounge (on the 1st floor in the lobby between Abel and Sandoz Hall)
Theme of the Week: “Fruity Friday.” - Enjoy yummy fruit snacks while you study!

WHT Third Thursday February Fiesta Night!
Thursday, February 17th
7:00PM – 8:30PM
Nebraska Union Centennial Room
**Social Event**
Come learn Latin-style dances like the Salsa, Merengue, & ChaCha from a dance instructor and nosh on chips and salsa while enjoying other fiesta-themed activities!

WHT “ROCK YOUR BODY WEEK” is Here!
“Rock Your Body Week” fitness classes are all held in the City Campus Rec Center (you must have your N-Card to enter) and will count as 1 Social Event!

Our “Jazzercise” Social Event, scheduled for Tuesday, February 22, has been CANCELLED!
Upcoming Events at UNL...

Monday, February 14, 11:00AM-2:00PM: “Valentine’s Day Sexual Health Booth”: Celebrate Valentine’s Day safely. Stop by our booth for free give-aways and suggestions. Sponsored by the Students for Sexual Health. Website: http://health.unl.edu/education/ Location: Nebraska Union

Monday, February 14, 2:30PM-4:30PM: “Quirkyalone Day”: Feel free to bring any poetry/prose or art on what it means to you to be quirkyalone to share with everyone. We will also discuss what it means to be quirkyalone, and how you can celebrate yourself or your relationship. This event is open to all genders, and everyone is welcome whether you are single, dating, or in a serious relationship. To learn more about the concept visit www.quirkyalone.net and for more information about the event call or stop by the Women’s Center, 472-2597. Location: Women’s Center (Nebraska Union Room 340)

Tuesday, February 15 & Wednesday, February 16, 10:00AM-3:00PM: “UNL Spring Career Fair”: Employers will discuss internship and full-time opportunities in Engineering, Technology, Science and Agriculture on Tuesday, February 15th, then Business, Liberal Arts, Government, Non-Profit on Wednesday, February 16th. Website: http://www.unl.edu/careers/springfair Location: Nebraska Union

Tuesday, February 15, 3:00PM-4:00PM: “Invest in Your Financial Success”: The UNL Student Money Management Center will provide tips and tricks to assist you with your finances. Website: www.unl.edu/smmc Location: Jackie Gaughan Multicultural Center, Room 202

Wednesday, February 16, 4:30PM-6:00PM: “Eating Disorder Education and Prevention Meeting”: EDEP is a student association of UNL student volunteers who have an interest in eating disorder awareness and prevention. Website: http://health.unl.edu/caps/edep/ Location: Nebraska Union (room will be posted)

Thursday, February 17, 11:00AM-1:00PM: “Random Acts of Kindness Day”: It is Random Act of Kindness Day. Stop by the Union for tips on ways you can be kind to others and make yourself feel better in the process. Website: http://health.unl.edu/education/ Location: Nebraska Union Booth

Thursday, February 17, 7:00PM - 8:15PM: “Sex Unashamed” Lecture Series Part 2: How can I be sexual without being a selfish jerk? Continue the discussion on how sexuality and spirituality are connected. Send questions for a panel discussion to sexunashamed@gmail.com or text (657) 777-3110. / Location: Love Library South - Auditorium

Saturday, February 19, 8:00PM: “Step Afrika”: This performance is free and open to the public but you must pick up tickets ahead of time (they will be available until Feb. 18th at the front desk of the Multicultural Center). Seating on the night of the performance will be open, and doors open at 7:30PM Location: Nebraska Union Ballroom

Spring Intramural Sports Update!
We will now be accepting teams for a number of spring intramural sports. There is a new process for the Spring: You have to form your own team. The first team to visit with Tony, set up a team meeting, and complete the paperwork will be awarded the WHT spot. We will have 1 team for each of the following sports: Co-Rec Indoor Soccer, (2 teams) Co-Rec Volleyball, Men’s Dodgeball, Women’s Dodgeball, and Co-Rec Slowpitch Softball. Contact Tony at 472-6935 or tlazarowicz2@unl.edu for more details!

The Nebraska College Preparatory Academy is recruiting volunteer mentor The NEBRASKA College Preparatory Academy is recruiting volunteer mentors for the 2011-2012 School Year! Come see if you have what it takes to make an impact on a young person’s life. Come for the free food, stay for information about NCPA - who we are and what we do. The final informational session is:
Thursday, Feb 24th - 9pm Come see if you have what it takes to make an impact on a young person’s life. Come for the free food, stay for information about NCPA - who we are and what we do. The final informational session is:
Meet WHT First-Year Scholar…

Ryan Birdwell

Hometown: Lincoln, Nebraska
Major: Art major (with a focus on graphic design)

A Few of His Favorite Things: Sports, Family time, Video games and youth group/church.

An Interesting Fact About Ryan: I was homeschooled through childhood and high school, and I enjoy playing the saxophone and trumpet (I played in band in High School).

His favorite thing about attending college at UNL: The friends I met and interesting things I’ve learned from class.

Do you have any advice you would like to share with fellow WHT scholars? Don’t take everything you hear as truth but learn to think in college. Work hard, and learn about yourself while you are at UNL, and enjoy it too - learn to balance your life between fun, work and friends. These are just some things I’ve found are important in college.

Bryant Klotthor 02/14
Justin Stevens 02/14
Paola Arizmendi 02/14
Rene Romero 02/17
Anna Minnick 02/19
Audrey Vacha 02/19
Bryan Tyrey 02/19
Iesha Buford 02/19
Amanda Hefner 02/20
Julie Kreikemeier 02/20

UNL Health Center & CAPS (Counseling and Psychological Services) is offering a diverse range of support groups for the Spring 2011 Semester. CAPS provides individual, group and relationship counseling as well as a variety of special workshops and support groups.
To view the groups, visit http://health.unl.edu/caps/groups/ For more information on any group, call CAPS at 472-7450

Are you looking for ways to improve your physical wellness? Look no further than the Campus Rec Center!

Website: http://crec.unl.edu/
Spring 2011 Hours: http://crec.unl.edu/facilities/hours.shtml
UNL Campus Recreation is more than just a gym - you can sign up for aerobics and yoga classes, climb the rock wall, sign up to play an intramural or club sport, take kayaking or other outdoor adventure classes, get help with personal training or designing a nutrition plan, get a massage, or even rent a bike.

Save the Date –
Upcoming E.N. Thompson Forum…
Wednesday, February 23 at 7:00PM
At the Lied Center for Performing Arts (301 N. 12th Street)
This event will count as an Enrichment Event, but you MUST sign in with a WHT staff member in the lobby before you enter the lecture!!!
"Torture, Obama and Us: The Moral Costs of the War on Terror"
Lecture by Mark Danner
Mark Danner is a writer and reporter who for twenty-five years has written on politics and foreign affairs, focusing on war and conflict.
Website: http://enthompson.unl.edu/
“This week is ‘Rock Your Body Week.’ There are a number of ways to get fit, and while setting aside time to go to the gym is a great way to do that, there are other things you can do away from the gym to Get Fit. Try using the stairs instead of the elevator. Make it a routine to do some quick exercises in the morning to get your body moving quicker. Get 8 hours of sleep each night (you lose 50-53 calories a hour when you are sleeping). Finally, eat a healthy breakfast (which does not include Frosted Flakes or Lucky Charms!). These small tips will help you jump start the process of getting fit.”

~Tony Lazarowicz

Hey Scholars! Do you plan on registering to run the Lincoln half marathon this year? If so, WHT Staff and Mentors will be offering support to our student-runners by scheduling group practice runs and providing encouragement on the day of the big race. If you would like to receive e-mail updates about this or if you have any questions, please send your name and e-mail to Stephanie Herzog at sherzog@huskers.unl.edu

For more information on the Lincoln marathon and half marathon, visit: http://www.lincolnrun.org/marathon.htm

UNL Alert — Stay Safe on Campus!
Did you know that you can register your e-mail address or mobile phone with the UNL alert system to receive safety notices about weather warnings and other threats on campus?
Register today by visiting: https://unlalert.unl.edu/unlalert/Default.aspx

"How YOU prepare in the present will predict how YOU perform in the future"