**WHAT IS HIV?**

HIV is the virus that causes AIDS. It stands for Human Immunodeficiency Virus. HIV kills or damages cells of the body’s immune system, which progressively destroys the body’s ability to fight infections and certain cancers. The most common ways that HIV is transmitted from one person to another are: by having sex with an HIV-infected person, by sharing needles with a person who is infected with HIV, during pregnancy, birth, or breast-feeding if a mother has HIV, or getting a blood transfusion from a person with HIV.

**WHAT IS AIDS?**

AIDS stands for Acquired Immune Deficiency Syndrome: This is the final stage with HIV. People infected with HIV can carry the virus for years before enough damage is done to the immune system for AIDS to develop. Having AIDS means that the virus has weakened the immune system to the point at which the body has a difficult time fighting infections.

Meditation and breathing exercises can help you cope with stress! They help you clear your mind & feel grounded during

**FLU SEASON IS HERE!**

- Wash hands regularly
- Stay home from class or work if you are sick
- If you have flu-like symptoms go to the Student Health Service or call 419-372-2271 for an appointment
- Cough & sneeze into your sleeve
- Use the buddy system! Get a “flu buddy” where you pair up to care for each other if one of you becomes ill.

- Over 1 million Americans are living with HIV/AIDS today.
- Worldwide, there are over 33 million people with HIV/AIDS.

**6 TIPS TO BEAT FINAL EXAM STRESS**

1. Avoid stressful people.
2. Eat healthy and exercise.
3. Just say no.
4. Force yourself to take breaks.
5. Visualize it all going right.
6. If you’ve studied all you can, get up your confidence!

**WINTER WONDERLAND PUBLIC SKATING EVENT**

DEC. 19TH, 3:30-5:30PM

THIS EVENT WILL INCLUDE A SKATE WITH SANTA, FREE CANDY CANES AND HOT CHOCOLATE, PICTURES WITH SANTA, AND MORE!  *

$5.00 GENERAL ADMISSION  
$3.00 BGSU STUDENTS  
$2.00 SKATE RENTAL  

**UTILIZE THE UNIVERSITY’S RESOURCES TO HELP PREPARE FOR FINALS!**

**FOR HELP WITH WRITING GO TO:**

- 303 MOSELEY HALL, MONDAY - FRIDAY, 8AM - 5PM
- JEROME LIBRARY, SUNDAY - THURSDAY, 5PM - 8PM

**FOR HELP WITH MATH AND STATS GO TO:**

- MOSELEY HALL, ROOM 208, MONDAY - FRIDAY 8AM - 5PM
- LEARNING COMMONS, JEROME LIBRARY, FIRST FLOOR, SUNDAY - THURSDAY 5:00 PM TO 8:00 PM

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**STUDY SKILLS CENTER**

213 MOSELEY HALL  
419-372-8840  
visit:  
http://www.bgsu.edu/offices/studyskillsctr/  
for information on all of the Study Skills Center resources!

**utIlIze THe uNIVerSITy’S resourCes To Help prepAre For FInAls!**

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