December: HIV/AIDS Awareness

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.

HIV TESTING FREE & CONFIDENTIAL
Appointments Available Fridays 9:30 AM - 3:30 PM
Call the Wellness Connection at 419-372-9355 to schedule an appointment.

“SHOO THE FLU”
Sponsored by the BGSU Student Health Service. Available to students, staff, and faculty for $25.00. Please have your BGSU ID. Payable by cash, insurance or check. In order to bill insurance, you MUST bring a photocopy of the FRONT and BACK of current insurance card. Check out the Student Health Service website www.bgsu.edu/health for times and locations.

FEELING BACKED UP WITH MONEY PROBLEMS?
Get movin’ in the right direction! WE CAN HELP…
Student Money Management Services
419-372-2252 smms@bgsu.edu
Contact Heather Wilson at Student Money Management Services 401 & 406 Moseley Hall.

SURVIVING FINALS: TIPS TO BEAT FINALS WEEK STRESS
Here are some fun and useful ways to deal with stress during finals:
• Exercise
• Eat a healthy breakfast
• Do one thing at a time
• Laugh with friends and family
• Watch a funny movie
• Get plenty of sleep
• Tell a joke

LEARN TO STRESS LESS
• Sleep – Of course students turn into zombies this time of year (after all it’s called dead week) but sleep can help with retention and that zombie-like state.
• Crack open a book – Those things that have been sitting on the desk all year actually have valuable knowledge in them and can, in fact, ensure an A on that tough final.
• Take breaks – After hours of studying, a short break is well earned. It will help you keep your sanity and avoid information overload.
• Don’t cram – Face it, cramming just causes headaches. Students retain a lot more knowledge if they study over the course of several days rather than all at once.

The way to gain a good reputation, is to endeavor to be what you desire to appear.
- Socrates

B O W L I N G  G R E E N  S T A T E  U N I V E R S I T Y