*Sig Scroll*

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Brothers of Sigma Chi,

My name is Chris Nyers, Scholarship Chairman for Sigma Chi International Fraternity.

Welcome to the 1st Edition of the Sigma Chi “Sig Scroll”. This publication may offer some basic tips, insights and overall tools that will help your active chapter brothers be successful with your academics throughout the academic school year.

This being our 1st edition we will make it short and sweet. If there is anything that you would like us to cover in future editions please let us know.

You can reach me at cnyers@aol.com with your comments or suggestions.

In Hoc,

Chris Nyers

***Wellness and Health***

(Written by Brother Keith Moody, Vice Chairman of Scholarship Committee)

1. **EXERCISE** boosts brain power, by getting blood to your brain, bringing it glucose for energy and oxygen to soak up the toxic electrons that are left over. It also stimulates the protein that keeps neurons connecting. Just **30-40 minutes per day of aerobic activity** (outside is best), 30 minutes of strength training2-3 times/week, and the same number of minutes for flexibility training.
2. **SLEEP** – Loss of sleep hurts attention, working memory, quantitative skills, logical reasoning, and even motor dexterity. Everyone is unique regarding their exact sleep required but **7-8 hours per night** is average and the biological drive for an afternoon nap is universal – a 10-20 minute power nap daily is good for your physical and mental health. You will always perform better on an exam with 8 hours of sleep versus cramming and depriving yourself of sleep (no all-nighters!)
3. **DIET** – The distribution of calories you consumer s/b as follows: 40-50% from carbs, 30% from fat, and 20-30% from protein.
	1. **CARBs** - Adult men should eat 240-300 grams of carbs/day. The majority of these s/b in the form of less-refined, less processed foods with low glycemic loads (i.e. fresh vegetables and whole fruits). **Reduce your consumption of** foods made w/wheat flour and sugar, especially bread and packaged snack foods (including **chips and pretzels**). Eat more whole grains. Avoid products made with high fructose corn syrup.
	2. **FAT** – On a 2,000 calorie-a-day diet, 600 calories can come from fat (about 67 grams), in a ratio of 1:2:1 of saturated to mono-saturated to polyunsaturated fat. Include in your diet avocadoes, walnuts, cashews, and almonds and not butters made from them. Take a fish oil supplement daily such as Nordic Naturals Ultimate Omega (mercury removed).
	3. **PROTEIN** – On a 2,000 calorie diet, your daily intake of protein s/b 80-120 grams. Decrease your consumption of animal protein except for fish and reduced-fat dairy products. Eat more vegetable protein, especially from beans and soybeans in particular.
4. **SUPPLEMENTS** – Take a multivitamin-multi-mineral supplement daily that provides at least 400 micrograms of folic acid and at least 1,000 IU of vitamin D. Your **multi-vitamin should contain no iron and no pre formed vitamin A**. Take supplemental calcium, preferably as calcium citrate – men should get no more than 1,200 millograms of calcium a day from all sources.
5. **WATER** – Try to drink 6-8 glasses of pure water every day or drinks that are mostly water (green and white tea, sparkling water, etc.). Minimize your calorie intake from fluids (eliminate soda; replace fruit juice with water and whole fruits). The negative impact of diet soda on health is currently undergoing research…it is best to replace diet soda with water.

**Five Tips for Academic Success**

(Written by Brother Ed Spencer, ED, PHD – Member of the Scholarship Committee)

 After a 42-year career as a university administrator, it is clear to me that there are five basic things that are the true keys to academic success as a college student. I share them with you and hope that you will share them with other brothers.

**1) Go to class!**

Studies have shown, time and time again, that the best predictor of academic success in college is class attendance. Don’t “blow off” class or use an excuse like “the professor just goes over the book” in class. You’ll take your learning to the next level by going to class and interacting with the professor and your fellow students.

**2) Be on-time and prepared and sit near the front**

Get to class on-time (preferably, ahead of time!) and come having done the readings for that day and having taken notes on them, if needed. By so doing, you will be prepared and will not miss anything. Likewise, try to sit near the front where you will hear better and have better contact with the professor who, in turn, will be more likely to recognize and involve you in the learning process. Sitting up front will ensure your engagement in the class.

**3) Get organized and use your time well**

Choose and use the best place to study, the space that works best for you and for what you will be working on at the time. Organize your notes for each class in the ways that the professor suggests or that you have found most helpful. Never waste valuable time: when you have an hour or two between classes, head for the library and review the notes from the class before and the readings and notes for the class that comes next.

**4) Keep good notes and review them before and after class**

Take notes in class and refine them afterwards in whatever way works best for you. Use those notes! Take time to go over them, and revise them if necessary, after class. Likewise, before heading to a class, review the readings and the notes you may have on those readings so that you are “not starting cold” when class begins.

**5) Seek help and use college and university resources**

Always remember than seeking help is a sign of strength, not a sign of weakness. Take advantage of faculty office hours and go see your professor for one-on-one help. Seek out assistance from your Writing Center, your Academic Assistance/Study Skills Center.

**Center for Academic Success Tips for Final Exams**

(Written by Nanette Cheatham, Learning Strategies Consultant)

1. **Plan & Balance:** Make a plan for goals and detail (Master Do List) with all tasks that need to be accomplished for each class. Then schedule distraction-free time for intense and productive studying. Keep a balanced approach by rewarding accomplishment with study breaks, exercise, and most certainly SLEEP!
2. **Know the ‘What’s’ …but also the ‘Why’s’, ‘How’s and ‘What if’s’:** of the course material.Focus on processes and concepts (“how things work”) rather than just memorization. Activate your learning by writing summaries, creating charts, using pictures to show processes, and studying out loud.
3. **Prove It:**  Many students THINK they are ready for a test–but often they do not **prove it** to themselves before the test.  Can you give a mini-lecture on this topic?  Can you map or outline this idea?  Can you make it all the way through a problem without “peeking?”  Test yourself as you study.  *Prove to yourself that you know it.*
4. **Encourage Self-Talk:** What are you saying to yourself about finals? Would you encourage a close friend with the same messages? Many students create stress by putting undue pressure on themselves with messages that undermine their ability to perform on tests.

**Tidbits from the Street**

1. Make sure that your pledges and new brothers are working hard over the last couple weeks of the academic year. This is where they can slip academically.
2. Go to your university or college’s career and academic centers to find out about any scholarship that might be available for the next academic semester.
	1. Get this information out to your active chapter. Many brothers are looking for ways to pay for school. Every bit counts
3. Make sure that your chapter houses are quiet during these finals weeks of the semester. It will benefit you all.
4. Scholarship Chairman – please work hard to recognize those brothers that are doing well academically.
5. Work in teams when you study if possible.

Thanks for listening

Happy Holidays and Merry Christmas from your Scholarship Committee