

**SPRING BREAK: TRIP IDEAS & SAFETY TIPS**



Mark your calendars. Spring Break is coming up from 3/7-3/11. If you're looking for something adventurous to do, check out a TRiP. TRiP is the University of Florida's Center for Student Activities and Involvement's Travel and Recreation program. Upcoming trips include canoeing, hiking, backpacking, and camping excursions. Wilderness first-aid trained UF students lead the trips. Participants of all experience levels are encouraged to come on a trip. If you need gear, the Outfitter in the Union can hook you up with your necessities. Go to <https://www.union.ufl.edu/trip/> for more info including the TRiP schedule and costs.

Another UF spring break opportunity is the Florida Alternative Breaks program (FAB). Run by the Center of Leadership and Service, FAB sends students on trips to various locations, both domestic and international, to perform community service and give light to social issues. Past trip issues include Homelessness and Poverty, Migrant Rights,

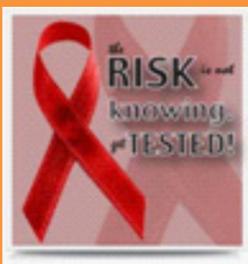
Sustainable Foods, and Criminal Justice. Trips can last a week or weekend. For more information on FAB including application, go to <http://www.leadershipandservice.ufl.edu/florida-alternative-breaks.html>.



Whatever you choose to do for Spring Break, be sure to follow basic safety strategies and look out for your friends. Be aware of your surroundings, stay with a group of people you know,

**SEXUAL HEALTH**

Take control of your sexual health and keep yourself (and others) safe by learning and practicing safe sexual practices. GatorWell, UF's Health Promotion Service, offers this knowledge: Sexual health and sexuality include so much more than just sexual behavior. Sexual health refers to taking care of one's body and needs as it pertains to not only sexual functioning and practices, but also reproduction, contraception, sexual pleasure, intimate relationships, decision-making, sexual orientation and sensuality.



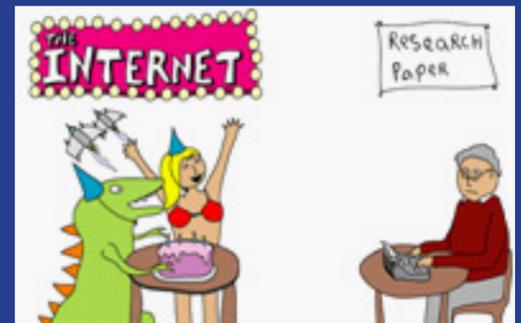
GatorWell and the Student Health Care Center provide free sexual education and consultation about contraceptives for students. GatorWell provides free condoms and dental dams and does free confidential HIV testing.

For more information on GatorWell, go to <http://gatorwell.ufsa.ufl.edu>. Information on the Student Health Care Center can be found at <http://www.shcc.ufl.edu/>.

The Alachua County Health Department also offers sexual health services including STD/HIV/AIDS testing. They offer both confidential and anonymous HIV tests for an optional \$20 fee. With confidential testing, your name and date of birth will appear on your test and information sheet. With anonymous testing, a barcode and your date of birth are used. Your name is never recorded on any paperwork or test. You can still be tested if you choose to not pay. For more information, go to <http://www.doh.state.fl.us/chdalachua/hiv/testing.htm>.

**PROCRASTINATION NATION**

Exams. Assignments. Papers. Oh, my! When you know you have work to get done, the best thing to do is get to it. Get it done. Plain and simple.



The more time you spend worrying or complaining about having to do something does nothing towards actually finishing the task at hand. Think of it this way: the sooner you start, the sooner you're finished. Read below for some time management tips to help you become a pro at NOT procrastinating.

- Plan Ahead. Take your big assignments and break them up into mini-projects. This makes the task easier to manage and divides the work over a reasonable amount of time rather than an overnight cram-sesh.
- Box-Out. Not to be confused with the basketball essential of boxing out, "box-out" in a time management context refers to making an estimate of how much time an assignment requires. Mapping out how much time you'll need to complete a task helps you to manage your time and make sure you spend it wisely.

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**PROCRASTINATION NATION (CONT.)**



- Time Wasters. What are some activities that consume your time and don't help you complete your task? It could be surfing the web, Facebook stalking, or lounging in front

of the TV. While it is important to take some moments of the day for relaxation and fun, it's also important to make sure you're getting your work done. Don't over-indulge in leisure activities that your stress level and academic status suffer. Remember, everything in moderation.

- Study Social. It's always helps to become motivated when you're not alone. Coordinate study or homework time with friends and roommates to create a productive work environment and to have company while you finish your work.



**LOCAL HEALTHY & AFFORDABLE EATING**

You've heard time and time again how important it is for you to eat healthy, but let's face it, it's usually cheaper (and more flavorful) to eat the fattening, processed food. If you're searching for local, affordable healthy food, look no more. Read below for some local sources of nutritious food and get your healthy and local eating on!

- Citizens Farmers Co-Op: The mission of the Citizens Farmers Co-Op is to help grow a community-based food system through the establishment of a cooperatively-owned food market. Become a volunteer or member of this organization and learn more about their efforts to open access to local foods at <http://www.citizensco-op.com/>.
- Local Ethnic Markets: There are tons of local Asian, Hispanic, and Indian markets that carry fresh produce in addition to their cultural food offerings. Get similar produce that you'd find in grocery stores for a lower cost.
- UF Meat Market: No...this is not SW Rec Center. UF's IFAS has a Meat Processing Center that, in addition to teaching and research, sells meat at a lower price than most supermarkets. For more information on UF's Meat Market including hours and directions, go to [http://www.animal.ufl.edu/extension/meat/meat\\_proc\\_center.shtml](http://www.animal.ufl.edu/extension/meat/meat_proc_center.shtml).



**ATTENTION CONDO RESIDENTS**

If you live or own a condo, be aware that a new state law has been passed regarding rent payment.

If the condominium owner fails to make their association payment, the tenant's rent will go to the condominium association and not the actual condo owner to cover this delinquent cost.

If you have questions regarding this law, contact Student Legal Services on the 3rd floor of the Reitz Union by calling 352-392-LAWS or go to [www.studentlegalservices.ufl.edu](http://www.studentlegalservices.ufl.edu).

**WORDS OF WISDOM**

Wanna be part of a UF publication? OCL's annual magazine-style publication, the Gator Guide to Off Campus Life, is looking for tips from students on how to find housing, their roommate experience, any advice they can give about living off-campus, etc.

Be part of the new and updated Gator Guide! About 10,000 copies are distributed annually and the Gator Guide is available online. Go to <http://www.offcampus.ufl.edu/gatorguide.php> to see the Gator Guide or pick up a copy at various UF offices including the Dean of Students Office, International Center, Welcome Center, and OCL's office on the 3rd floor of Peabody Hall.

Send your 2-3 sentence-long quote of off-campus advice to [leahv@offcampus.ufl.edu](mailto:leahv@offcampus.ufl.edu). Include your first and last name and your e-mail address with your appropriate quote.

**LOOKING FOR OFF-CAMPUS HOUSING?**

*Before you sign a lease, tour the property in-person. Bring a copy of the lease to Student Legal Services on the 3rd floor of the Reitz Union to have it reviewed for free. Lastly, use OCL's free online housing locator service at [www.housing.offcampus.ufl.edu](http://www.housing.offcampus.ufl.edu)*