

Critical Thinking: A student's perspective

By: Maria Lara

Inside this issue:

Ebola: An epidemiologist's experience in Sierra Leone	2
Spotlight on Sleep	4
Pride is a Must, and Negativity is a Bust in Health Care	5
Stress Relief for Students - Meditation	6
Financial Wellness	7
Cauliflower...in living color!	8
A New Year— A New You? Check out what Technology has in Store for You!	9
Contributors	10
Your Health Calendar	11
LOL...	11
References	12

For many of us, critical thinking requires using a part of our brain that is rarely appreciated and under-used. Critical thinking requires us to fully access our mind in order to check the quality of reasoning about a problem, issue, or situation. In order to be a powerful critical thinker, we must learn the valuable intellectual traits that ultimately help us approach any issue, problem, or situation with a better reasoning. With these traits in mind, the Universal Intellectual Standards that can strengthen an enriching journey into critical thinking are clarity and logic.

Universal Intellectual Standards are standards that are applied to everyday life. The importance of these standards is in the critical thinking itself. To think well, people need to routinely meet intellectual standards, standards of clarity, precision, accuracy, relevance, depth, logic, and so forth. We often go about our routine in the auto mode mentality and typically see things the way we want to. Having an idea of the intellectual standards is crucial for enriched critical thinking. The goal of Universal Intellectual Standards as mentioned by Foundation for Critical Thinking (2011) is to "Provide a conscious foundation for thinking about intellectual standards, and the words that name them. Ultimately, such consciousness will enable those proficient in the use of intellectual standards words to think more effectively in every domain and subject in which, or about which, they think."

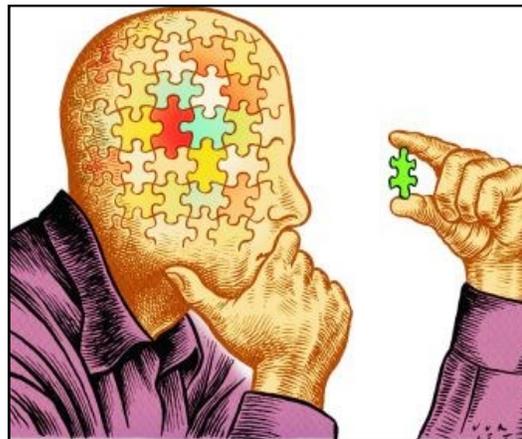


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Have you ever felt unclear about an issue, problem, or situation? On numerous occasions, we can be left wondering whether the right choice, decision, or action in any given circumstance is made. Because we all should all be aiming to be a profound critical thinker, the first valuable intellectual trait to enhance is clarity. Clarity is defined as the gateway standard for a powerful understanding of all things. When we use clarity, we are asking to elaborate further on a point, expressing the point in a different way, giving an illustration, and more importantly giving an example of the point. Clarity is essential for better understanding for accuracy and relevance.

Furthermore, critical thinking requires us to question whether a problem, issue, or situation is true. The ability to give strength to logic is of much significance for an enhanced use of the universal intellectual standards. When using logic we question ourselves whether it makes sense, does it follow from what you said, and overall is the information reasonable and correct? Now keep in mind that when we are receiving information, and our thoughts are combined and make sense, we are therefore being logical. In contrary, as mentioned by Foundation for Critical Thinking (2011) "When the combination is not mutually supporting, is contradictory in some sense or does not 'make sense,' the combination is not logical."

For many of us, being biased thinkers has harmed us in one way or the other. Overall, becoming a critical thinker takes time and practice. Knowing the importance of the valuable intellectual traits is a starting point. With that being the case, a successful path to thinking critically entails having command of these standards.

Ebola: An epidemiologist's experience in Sierra Leone

By Dr. Nina Bell

Most of us have seen the news and understand the devastation that has come from the Ebola outbreak in West Africa. But, one of us has actually seen and experienced this first-hand.

Lieutenant Commander Avi Stein, an associate faculty in the College of Health, Human Services, and Science, recently returned from a two-month assignment in Sierra Leone, one of the countries hit the hardest by the Ebola virus. As an epidemiologist with the Centers for Disease Control and Prevention (CDC), he was sent to help with the investigation of the epidemic and help stop its spread.

"It was an interesting trip," he remarked. "Sierra Leone truly is a third-world country. ...For example, they don't know what an oven is since they cook on open fires. It's a very different culture." He mentioned that Ebola is not foreign to the African continent itself, but the widespread epidemic is truly a new phenomenon. "There are a lot of hidden cases that we only discover when we enter the districts."

Sierra Leone, with a population of about 6 million people, is comprised mostly of districts and its capital, Freetown, a small city located on the western coast of the Atlantic Ocean. The country is also bordered by Guinea to its north and east and Liberia to its south.

Commander Stein reported that epidemiological methods discovered the country became infected with Ebola through the border District of Kailahun. "We believe that people traveled across the border from Guinea" unknowingly infected with the virus which then quickly spread through the town. "You can then follow the line of infections from there to Kenema and right up the main road to Freetown."

By looking at the numbers of reported cases, epidemiologists are able to determine the highest concentrations and how the virus traveled from town to town. "There are so many hidden cases out there," he remarked, explaining that hidden cases are usually unreported initially until teams are dispatched for one death and discover many more bodies.

"One of my team members went out with one of the burial teams and found numerous hidden cases," Commander Stein said. "It was emotionally stressful and a bad experience for her," he remarked noting that there were apparently many dead village members who had succumbed to Ebola yet were left unreported.

"That's why this is so hard to pin down and stop," he explained. Too many people have died and were given a traditional burial – which actually promotes the spread of Ebola. "Someone would report only one case, so you go out to institute a safe medical burial but then find far more dead bodies," Commander Stein further described the situation. "It's actually heart-breaking."

The traditional burial in the Western African culture is very different than in America. "Here, we fear dead bodies. But, in Sierra Leone, it is just the opposite. When someone dies, the family and village members wash the body and hold a public funeral. Everyone is expected to hug and kiss the body as the person's soul crosses over." Unfortunately, that ritual has killed so many more people since Ebola entered the nation and continues to spread at an alarming rate.

In order to stop the spread in this manner, the country has instituted safe medical burials for the Sierra Leone residents. It is a modification of their traditional ritual minus the touching. This adjustment allows the individual to have a respectful death and crossing over while maintaining health among those left behind.

Since Ebola has struck, the nation has implemented a "no touch" policy – fully upheld in the capital and now trickling out to the districts. "Things are very different," Commander Stein said. "One of the weirdest things to experience is a 'no touch' country...no hugs, no high-fives, no handshakes, nothing." Unfortunately, it almost has to be this strict to halt the spread of Ebola.

Besides visiting the districts and small towns within those districts, Commander Stein was able to create a more stable surveillance and reporting system in the country. "I ended up becoming the National Data Manager," he noted with a chuckle. "When I got there, the data on Ebola was scattered at best. People were not reporting regularly and often not at all. That's why the discovery of a tremendous numbers of hidden cases."

Commander Stein utilized CDC resources, a program called Viral Hemorrhagic Fever (VHF) to establish a national database of all suspect, probable, and confirmed cases of Ebola. The task was monumental as VHF was initially designed to be used in a small outbreak. Commander Stein found a way to establish independent databases across the country and construct a system that allowed each database to send sync files to a national database. Prior to the implementation of VHF, the country reported their cases the old fashioned way; pen, paper, and a cell phone.

“They tried to do this in Liberia but with no luck,” Commander Stein commented. “We were pleased it worked in Sierra Leone.”

Just because they now have a solid national reporting system doesn’t mean the virus is under control. “It’s far from over,” Commander Stein said. “Ebola is still spreading, and Sierra Leone is nearly worse off than Liberia.”

According to the CDC, the outbreak hit the country in May 2014 with three other countries also experiencing outbreaks: Guinea, Mali, and Liberia. The CDC has reported that this outbreak is the largest and most complex in history. As a result, the CDC has issued a Level 3 warning on travel to that country, urging all US residents to avoid nonessential travel to the affected countries.

Commander Stein is among those “essential travelers” to the country. In fact, he returned on December 6 for another two months with a new charge: to become the first CDC Safety Officer in the country. “I will basically be working with our teams on safety and security, as well as mental health and resiliency issues.” It’s a tough environment to visit, let alone to spend a significant amount of your time. He is there to help keep sanity among the CDC and other health workers.



Every little cough and sneeze is taken seriously. Commander Stein remembers one specific incident that “scared the *cough*” out of him: He woke up with a fever in his Freetown hotel room. One of the first signs of Ebola is a fever. He diligently recalled his encounters of the past few days and remembered meeting one of the American doctors who, at the time, simply looked tired but was later diagnosed with Ebola. “I was scared out of my mind.” Still, in those moments, he remembered his bigger concern was for his team. Three other staff members had been with him in the field as well. “I was really concerned that if I had it, so did they.”

He quarantined himself in his hotel room and waited it out. The fever broke within the same day and turned out it was simply a head cold, which was being passed around the hotel at the time.

Never once did he question why he was there, not even during his fever day. “I’ve been in this situation before where I’ve asked myself, ‘What am I doing?’ and the answer is always the same. I question the impact that I’m having on others and not what this might do to me.”

Commander Stein is also a trained volunteer firefighter and paramedic, once a full-time career. “I’m not a stranger to risking my life.” He indicated that he has always been far more interested in making sure others are helped and safe.

Stein’s wife, Erica, his daughter Dylan, 6, and son Devin, 3, seem to take his work in stride. “My wife knew about my life as a firefighter and paramedic going into our marriage,” Commander Stein noted. “This is no different and she understands.” While he wasn’t home for the holidays, he did spend time with his children via Skype.

Spotlight on Sleep

By Paul Coblentz

Student perspective

The importance of getting a good night's sleep is vital to any student's health and wellness, as well as scholastic results. Although there have been few studies on the lack of sleep in campus's nationwide there is mounting evidence showing lack of sleep significantly impacting the college student's mental health and grades. What a student eats and drinks later in the day, especially before bedtime, can influence how quickly they fall asleep as well as quality of sleep. With myriad distractions that occur during a college semester, most students may 'think' they get adequate sleep as they balance their schedule but reality is sleep is often viewed as something we can "catch up on" later when we have the time. Students must wake up to the facts that getting a good night's sleep is more valuable than it appears.

Sleep and Grades

A study done at a large public university showed students who were able to get enough sleep had a GPA of 3.25, while students who reported pulling an "all-nighter" had a GPA of 3.06 (Orzech, et al, 2011). Students reported poor sleep as a significant factor in the quality of their course work. The ability to focus, concentrate, and remember things are factors students recognized that may have been caused by lack of sleep. In this study 7% of students reported receiving an incomplete grade or dropping a course because of sleep loss, while 29% reported lower grades and 42% said major assignments and projects were affected by poor sleep habits (Orzech, et al, 2011). In the same study (Orzech) 46% said they would fall asleep in class and 52% said they had skipped classes. If this scenario sounds familiar be aware that loss of sleep may escalate to other possible side effects, none of which are good.

Sleep and Mental Health

Students who were indecisive about the effects of sleep and scholastic results admitted they might have to study harder because of sleep inadequacies. Changes in sleep schedules that are altered by course add/drops, and timelines of projects due, also affect student's abilities to fall into and maintain a normal sleep schedule (Bubolz, 2002, p. 230). This study (Bubolz) also reported that students who slept 7-8 hours a night but at different times showed a decrease in psychomotor function compared to students who maintained a more regular schedule. In other studies on sleep and mental health it has been concluded that sleep deprivation consistently and significantly impair simple attention and slower reaction times (Anderson, 2013, p.2). Comorbidity factors from insomnia include psychiatric disorders like depression and major depressive disorder, with younger people who get in a poor sleep routine being twice as likely to develop depression than those with no sleep problems (Anderson, 2013).



Image retrieved from <http://www.campussqueeze.com/post/Insomniac-No-More--How-To-Get-A-Good-Night-Sleep.aspx>.

Sleep Corner

Good sleep can be defined by how many hours of REM (Rapid Eye Movement) sleep we get during the night. REM sleep is the deep sleep we need to operate at optimal mental capacity. So how do we get a good night sleep on a crazy schedule? There are natural holistic remedies that can be quite useful and are safe to try. Hot milk is something that most college students will have a hard time accepting but has a history in Ayurveda as well as "old wives' tales" you may have heard of. Cons for drinking milk would be milk contains saturated fats that may increase your cholesterol levels, so be sure to heat up the low-fat or skim milk instead of 2% or whole milk (<http://nutritiondata.self.com/facts/dairy-and-egg-products/74/2>). Another helpful practice is to work out during the day to relieve stress and avoid drinking caffeine later in the day. Check out this article with [14 natural remedies to improve sleep](#).

When you sleep well you will think well, leading to better grades, relationships, health, and life.

Pride is a Must, and Negativity is a Bust in Health Care

By Sean Whip

Health care facilities are looking to change or develop a culture that is highly productive with positive focused attitudes and employees that have pride in their careers. Employees who display a more positive attitude and pride in their career choice have better patient satisfaction encounters. They develop a place where people will choose to work and a place where patients will choose to receive care.

In most health care organizations there is a lot of negativity toward leadership, physicians, nurses, technologist ancillary service personnel, patients, and families. When employees hate their jobs and everything about it except for the paycheck, a loss of real purpose of why we do what we do becomes a tedious and mindless, task. As this epidemic spreads from department to department and facility to facility, it not only affects the employees it ultimately causes poor patient care. Why should patients pay for bad service and negative attitudes that did not meet their expectations? As consumers we would not pay for a dinner that was not up to our standards and suboptimal service, this standard should be the same for health care. One might wonder how people can survive and sustain a career if they are unhappy and have a negative attitude. The employees sink into survival mode instead of revival mode. That's a shame. Health care workers should view themselves as heroes. We have the privilege to work in a field where at any moment can make a difference in someone's life. What a rewarding feeling to have, and this is what brings the passion and compassion back to work we do.



Image retrieved from <http://www.personalhealthcare.org/caregivers/>

Once the passion and compassion is roaring through the employees that's when they discover the bright light of pride shining through for everyone to see. No organization can excel in quality customer service if its employees do not have a sense of pride in their career. Now on the other side of this equation the leaders need to recognize these outstanding employees.

Health care organizations are establishing leadership training, coaching, and developmental classes to educate leaders on creating a positive culture and getting staff to regain their sense of pride. The main portion of this equation is the staff members. They are the intricate piece of this organization and the only ones that can sustain a positive culture, moral, and quality services for the patients. An organization can have all the accreditation, licenses, and awards but if their staff does not have pride in what they do and who they do it for it is all a house of cards in which it will collapse.

In conclusion, health care workers need to step back and reevaluate of why they choose to work in health care. Organizations need to drive negativity out of the work place and rejuvenate the facility with employees who have pride, passion, and compassion for their career. They need to have the same expectation for the organization they work for. These ingredients create a recipe for success. Health care organizations maintain their viability when the employees and leadership have pride in the service lines they provide for their patients and families. The employee and leaders need to know that it is their responsibility to eliminate negativity and instill pride. We as individuals are solely responsible for the way we feel about our jobs and the morale in the workplace.

Stress Relief for Students - Meditation

By Stephen Moore

Student perspective

Stress. It is an unavoidable aspect of student life. Studying, deadlines, financial concerns, and final grade results all contribute to higher stress levels. At a subtle level, stress is a motivator creating a sense of urgency and a desire to accomplish goals. At extreme levels, stress becomes chronic. This type of stress can lead to headaches, anxiety, panic attacks, depression, heart disease, and possibly premature death. All of these stress problems seem to indicate a mind-body connection, which makes meditation all the more interesting to consider. The practice of meditation is thousands of years old, originating from East India. Meditation is the main component of yoga – a practice popularized in the West by its physical aspect of poses. In the ancient Sanskrit language, the word *yoga* means ‘to yoke’ or bond- a reference to the unification of body, mind, and energy which is the ultimate goal of yoga practice.

Meditation is a part of this process since breathing has physiological effects, and how one breathes is fundamental in meditation. The breath is drawn out and slowed down intentionally, affecting the heart rate which in turn affects the brain. Among other things, meditation has been shown to affect the sympathetic nervous system which controls the aforementioned functions. Despite the ancient, eastern origins of meditation, the western world is now paying very close attention. A recent article from *Harvard Women’s Health Watch* points out that a “research review published in *JAMA Internal Medicine* in January 2014 found meditation helpful for relieving anxiety, pain, and depression. For depression, meditation was about as effective as an antidepressant.” (Harvard Women’s Health Watch, 2014)

The well-known magazine publication *Scientific American* created internet shockwaves when its November 2014 issue featured meditation on the cover along with the cover story written by French Buddhist monk Matthieu Ricard and neuroscientists Antoine Lutz and Richard Davidson. In other recent research on meditation, scientists from Harvard University and the University of Sienna conducted an experiment with 24 participants having no prior meditation experience. During 8 weeks of weekly 2.5 hour meditation sessions, comparison results showed “an increase of cortical thickness in the right insular lobe and somatosensory cortex of the meditation group.” (Saccaro, M. 2014) In turn, this increase gave participants “a significant after-training reduction of several psychological indices related to worry, state anxiety, depression and alexithymia.” (Saccaro, M. 2014)



Image retrieved from <http://www.inhabitots.com/schools-in-san-francisco-implement-meditation-time-students-happiness-and-academic-success-soars/>

Because of the ancient, eastern origins of meditation, a common misconception is that all meditation has religious overtones. Undoubtedly, meditation is widely practiced in Buddhism, Hinduism, Taoism, and Zen, but many modern day meditation techniques are practical and secular. The most common of these modern practices is called *mindfulness meditation*, which involves observing thoughts objectively while seated comfortably with an upright spine, focusing on the breath. Another meditation practice which peaked in popularity during the 1970s is *transcendental meditation*, which utilizes mantras – words, phrases or sounds – combined with breathing to calm the mind by focusing on the mantra. *Concentration meditation* is also based on this principle, using outside objects such as candle flames, mandalas, and other images. In the religious world, the Dalai Lama - famous Tibetan exile and Buddhist spiritual leader- is perhaps the greatest proponent of meditation and its benefits in our modern age.

Like many other things in life, there is no one way to meditate correctly, and Ashford students are all unique individuals with various stress levels. Varun Soni, the Dean of Religious Life at the University of Southern California, says, “Religious and spiritual clubs on campus are sources of solace, support, and solidarity that help students navigate through their undergraduate years.” (Blumberg, A. 2014) Most yoga studios offer non-physical meditation classes of some sort. The website *meetup.com* also lists many meditation groups and events, some of them free of charge. The community bulletin-board at your local health food store will likely include flyers for meditation groups and events. For beginning meditators, even 5 to 10 minutes of stillness every day can have tangible benefits.

Financial Wellness

By Dr. Christine McMahon

Financial Stress

The holidays are over. If you were like the average American, you spent \$600 - \$900 dollars on holiday and Christmas gifts this past year (American Research Group, 2013). Now you have to face the debt. Financial stress is not something with which only a few people deal. College students are particularly vulnerable to financial stress since they are dealing with tuition and other college expenses during this time of year. Many middle-class Americans overspend on purchases throughout the year only to find themselves smothered in credit card debt by the end of the year. "Living within one's means is a developmental task that people need to learn, but too often it is learned at great financial and emotional cost," (Greenberg, 2011, p. 433). Furthermore, financial stress is one of the main reasons couples argue and divorce (Pendon, 2010). Acute and chronic stress can lead to many physical and emotional ailments.

Stress Effects

Being in financial distress affects your health. People who are under financial stress often develop unhealthy coping mechanisms like smoking and drinking excessive alcohol. In addition, individuals often suffer from physical symptoms such as anxiety, depression, insomnia, and migraines (Pendon, 2010). If you do not learn to control your spending and thus your financial wellness, you will ultimately suffer from chronic stress effects on your body which may lead to high blood pressure, cardiovascular diseases, inflammatory bowel disease, obesity, and cancer (Pendon, 2010). Financial wellness is not just a dream. You can take control of your spending habits now.



Image retrieved from <http://www.thinkstockphotos.com/image/stock-photo-cost-of-healthcare/121278148/popup?sq=121278148/f=CPIHVX/s=DynamicRank>

Taking Control

There are many things you can do to help take control of your money. Financial wellness is an important part of achieving overall wellness. Experts state the following steps to control financial wellness.

- 1) Keep track of your spending habits
- 2) Make a list of your debts
- 3) Spend less by determining if you really need an item (Pendon, 2010)
- 4) Pay the interest on student loans while still enrolled in college (Nelnet, 2012)
- 5) Pay down debt
- 6) Do not add any more debt
- 7) Save cash for big purchases
- 8) Budget, Budget, Budget (Ramsey, 2014)

Resources

Check out the following websites on how to create a budget and improve your financial wellness:

- <http://money.cnn.com/magazines/moneymag/money101/lesson2/>
- <http://www.daveramsey.com/blog/everything-you-need-to-know-money-20-tips>
- <http://www.dummies.com/how-to/content/how-to-create-a-monthly-budget.html>
- <http://www.yourmoneycounts.com/ymc/tools/articles/six-secrets-to-create-a-budget-you-can-stick-with.html>
- <http://www.daveramsey.com/tools/budget-forms/>

According to CNBC (2014), the top 5 best financial apps available for busy college students include:

- Manilla – this app keeps track of all of your bank and credit card accounts
- Expensify- this app helps you keep track of your expenses
- Mint- allows you to review your accounts in real-time
- Paypal- allows you to purchase items and monitor your spending activity
- Budgt- allows you to track daily expenses

Financial expert John Maxwell (as cited by the Lampo Group, 2014) says, "A budget is telling your money where to go instead of wondering where it went." A budget can be the key to your financial success. So take control now, and you will be on your way to financial wellness.

Cauliflower...in living color!

By Dr. Roxanne Beharie

Multi-colored cauliflower? What?! Oh yes. Cauliflower now comes in purple, orange, green, and the traditional white varieties. Now before you disregard these vibrantly colored, great-tasting cauliflower based on their unusual pigments, keep in mind that carrots were originally white, yellow, or purple. Some people contend that the orange pigment was added by Dutch plant breeders in the 17th century to celebrate Holland's royal family.

Purple, orange, and green cauliflowers are not genetically engineered variations; rather, they are natural mutants of white cauliflower. Orange cauliflower contains high levels of beta-carotene, the precursor to vitamin A. In fact, due to its high beta-carotene content, orange cauliflower contains approximately 25 times more vitamin A than white cauliflower. Purple cauliflower contains anthocyanin, a healthful antioxidant responsible for the purple color of cabbage and red onions, among other foods. Anthocyanin may help prevent heart disease by slowing blood clotting. Green cauliflower, also called broccoflower, apparently comes in several varieties, some of which could be mutants of cauliflower that produce chlorophyll or a hybrid between cauliflower and broccoli (they're both members of the same species). Interestingly, one cup of green cauliflower provides 94% of the recommended daily value of vitamin C compared to only 77% from the same serving size of the ordinary white variety.



Image retrieved from <http://www.dailymail.co.uk>

Therefore, besides looking cool, colored cauliflower is actually more nutritious because of the aforementioned pigments. Plant pigments are often powerful antioxidants and anti-cancer agents, more the reason to eat colorful foods. So, the next time you are shopping for cauliflower, ask your grocer if they carry one or more of the colored varieties.

Keep the following in mind when considering which color of cauliflower to prepare:

Purple. Purple cauliflower cooks a little faster than white and has a slightly milder flavor.

Orange. Orange cauliflower tastes a little sweeter, milder, and creamier than its white counterpart. But, it cooks much the same as white cauliflower.

Green. A cross between cauliflower and broccoli and, when cooked, it tastes a bit more like broccoli. It can be prepared just like a regular cauliflower.

Here is a little switcheroo that may intrigue your children. Instead of boring old mashed potatoes, try this purple cauliflower mash. It will not only introduce a new flavor to their dinner, but they may not believe you if you tell them that they are eating a vegetable. 😊

INGREDIENTS

1 head of purple cauliflower
 ¼ cup plain, unsweetened yogurt
 1 Tbsp. butter
 ¼ tsp. sea salt
 Black pepper to taste

DIRECTIONS

1. Wash, trim, and steam cauliflower.
2. Add cauliflower, yogurt, butter, salt and pepper to a blender or food processor.
3. Blend to desired consistency.
4. Serve warm with a pat of butter on top.

A New Year—A New You? Check out what Technology has in Store for You!

By Sandra Rebeor

2015 – A new year full of excitement and opportunities. Throughout the holiday season, many individuals start pinning down those New Year's resolutions (again). Quitting smoking, losing weight, getting in shape, sleeping more, and stressing less, are just some of the common resolutions made at the beginning of every year. While some of these goals may be new additions this year, a couple of those may have been unaccomplished goals from previous years – back on our list. Almost everywhere we look now, New Year's resolutions will be debated: in the news, at work, and among friends and family. Weight loss clinic appointments will be booked, personal trainers will be reserved, and gyms are slam packed this time of year. Well, at least for a few months...

In a study conducted by Pearson in 2013, 1206 college students were surveyed regarding their mobile device usage when it comes to learning. 38% of survey participants owned a tablet and 72% owned a smartphone at the time of the survey (Pearson, 2013). Given the busy schedule most college students have between family obligations, work, and their studies, technology can be a crucial asset. Technology certainly has transformed the way students learn; it will continue to do so in the future. So why not make use of technology and mobile device apps to improve our health this year? Whether you need initial motivation or help with adherence, some recent apps may be the right fit in your quest for improved health.



MyFitnessPal has gained much popularity among weight loss-minded individuals. This app is completely free of charge and offers over two million food items to help you keep track of calories and foods eaten.



Can't make it to the gym due to a tight budget or tight schedule? No worries! Various neat apps are available to help you add more exercise in 2015. **Nike Training Club** is an app which provides you with more than 100 full-body workouts (no matter your level of fitness) based on research and expertise by professionals in the field. All sessions were developed by Marie Purvis and even include yoga and Pilates workouts. No matter how much time you will have on any given day, this app works on your schedule. Choose between 15, 30, and 45 minute sessions.



Another popular app is **Runtastic**, which allows you to track various exercises. From walking to running to biking, this app uses GPS technology to assist you in reaching your goals. Runtastic also offers various other apps and most of those are also free of charge. If you want to sleep better or get those long sought after six packs, this site may be worth checking out.



Increasing relaxation time this year should not be overlooked either. After all, we should re-charge our batteries frequently so that burn-out can be prevented and emotional, physical, and psychological health and wellness can be ensured. Stress management, meditation, relaxation, mindfulness, and other pertinent articles, videos, and audios can be found on the **Qi Gong Meditation Relaxation** app. Dr. Monica Frank, a psychologist and trainer in Tai Chi and Sport & Exercise Psychology, designed the featured videos. This free app even offers some relaxation features for our youngsters.



If you are a smoker trying to kick the bad habit, numerous apps are available which can help you put a check mark beside that goal. One that is free of charge and particularly eye-catching is called **Get Rich or Die Smoking**. This app offers a reward system and tracks how your health is improving, which is pretty neat. Not only that, but it calculates the money you saved since quitting. Should you need support from other ex-smokers, or if you want to share your success on social media, you can do just that.



Last but not least, let's not forget about the ones in need this year. A free app called **Instead** inspires app users to live on less while donating the savings to charity. They believe that every dollar counts so if you can go without that candy bar and instead donate \$1.00 to one of the non-profits, you can actually contribute to a great cause. 95% of the donations are given to charity and only 5% are operating costs. All contributions are tax-deductible as well.

So, no matter your New Year's resolutions, there may be an app which can aid you to stick to your goals and change your life for the better in 2015 and beyond. With some motivation and determination, a healthier you may just become simpler – one click at a time.

Contributors



Maria Lara is in her second year at Ashford majoring in Journalism and Mass Communication. She graduated from La Joya High School in Texas. Maria is committed to writing and aims to be an award winning writer.



Paul Coblentz is a student enrolled in the Health and Wellness program with a passion for cooking. He works as the head Chef and kitchen manager at family-owned and operated business. Paul is currently a member of the Golden Key International Honour Society and plans on being an active alumnus.



Sean Whip is in his second year at Ashford University majoring in Health Care Administration and hopes to continue to obtain his Master's degree. Sean earned an Associate's Degree in Radiology Technology and has worked in the field for over 20 years. He enjoys volunteering at events in the community and coaching youths in football and baseball.



Stephen Moore is currently pursuing a Bachelor of Arts in English Language Learner Studies with the long term goal of becoming an English teacher and/or ESL Specialist. Stephen completed an online Nutritional Consultant Certification through ANMCAB and is currently a yoga instructor.



Sandra Rebeor is a full time Instructor at Ashford's College of Health, Human Services, and Science and primarily teaches courses in the Health and Wellness program. Her educational background includes a Bachelor's in Business Administration from Campbell University and a Master's of Science in Health Sciences: Emergency and Disaster Management.



Dr. Charles P. Holmes is an Assistant Professor in the College of Health, Human Services, and Science at Ashford University. He obtained a PhD and MSPH from the University of Illinois and a BS from Eastern Illinois University.



Dr. Christine McMahon is an Assistant Professor in Ashford University's College of Health, Human Services, and Science. She received a Doctorate in Health Education from AT Still University in Kirksville, MO, and a Master's Degree in Exercise Science as well as a Bachelor's Degree in Kinesiology and Sports Studies from Eastern Illinois University in Charleston, IL.



Dr. Nina M. Bell is the chair of the BA in Health Education degree program for Ashford University. She earned her PhD and MPH from Walden University and has been at Ashford since 2011.



Dr. Roxanne Beharie is an Assistant Professor with Ashford University. Dr. Beharie earned her doctorate in Public Health from Morgan State University in Baltimore, Maryland. Dr. Beharie also earned a BS in Exercise Science from the University of Pittsburgh and an MPA in Health Services Management from Mercy College.

January

- National Stalking Awareness Month
- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Glaucoma Awareness Month
- Thyroid Awareness Month

March

- National Nutrition Month
- National Colorectal Cancer Awareness Month
- National Kidney Month
- 2-9 National Sleep Awareness Week
- 16-22 National Poison Prevention Week
- 25 American Diabetes Alert Day

February

- American Heart Month
- National Children's Dental Health Month
- International Prenatal Infection Prevention Month
- 1-7 African Heritage & Health Week
- 7 National Black HIV/AIDS Awareness Day
- 14 National Donor Day

Conferences

Harvard School of Public Health
Leadership Strategies for Information Technology in
Health Care
February 2-6, 2015 | Boston

American Society on Aging
Aging in America Conference 2015
March 23-27, 2015 | Chicago

From the Desk of Dr.
Charles Holmes



IT'S NOT SO MUCH THE HEAT...
IT IS THE HUMIDITY THAT WILL GET YOU

LOL...

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4. Pride is a must and Negativity is a bust in Healthcare

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8. Cauliflower...in living color!

“Walking is the best possible exercise. Habituate yourself to walk very far.”

-Thomas Jefferson

Get to know the Health Promotion faculty in the College of Health, Human Services, and Science

Department Chair: Dr. Pamela Hardy

Program Chair: Dr. Nina Bell—Bachelor of Arts in Health Education

Program Chair: Dr. Erick Cervantes—Bachelor of Arts in Complementary and Alternative Health

Program Chair: Dr. Christine McMahon—Bachelor of Arts in Health and Wellness

Full-Time Faculty:

Dr. Roxanne Beharie

Dr. Charles Holmes

Dr. Melissa Kenzig

Dr. Christine McMahon

Sandra Rebeor

Visit the COHHSS webpage for bios and more:

<http://www.ashford.edu/degrees/online/health.htm>

If you would like to be a part of future editions of the Health Promotion Quarterly newsletter, please email Dr. Roxanne Beharie at : roxanne.beharie@faculty.ashford.edu.

