

MAKING GOOD LIFESTYLE CHOICES

INTRODUCTION & LEARNING GOALS

Being successful in college is about more than just academics. A student's ability to make good lifestyle choices, such as getting enough sleep, exercising and finding the best living situation, can positively impact his or her college experience. The following lesson will help students:

- *Learn about developing and maintaining healthy habits*
- *Decide what type of housing option is best for them*
- *Understand the importance of making good lifestyle choices*

AGENDA

Timing: approximately 65–75 minutes (will vary by class size)

1. Warm-up: Inventory of current habits
2. Establishing and maintaining healthy habits
3. Deciding where to live: Pros and cons
4. What types of housing are available at my college?
5. Wrap-up/Reflection: Determining the best housing option

ITEMS NEEDED

1. A copy of the College Success Guide for each student in the class. If students don't have copies on hand, you may download a printable PDF at LearnMoreIndiana.org/classroom-materials. For this lesson, refer to pages 15–17.
2. Computers with Internet access.
3. Worksheets included in this lesson (make a copy for each student in the class):
 - Maintaining healthy habits (also on page 16 of the College Success Guide)
 - Deciding where to live (also on page 17 of the College Success Guide)
 - Determining the best housing option



Activities

1

WARM-UP: INVENTORY OF CURRENT HABITS *(10 minutes)*

Distribute the worksheet: “Maintaining healthy habits.”

This worksheet is also available on page 16 of the College Success Guide. Ask them to fill in the first column, describing their current habits when it comes to nutrition; exercise; sleep; and dealing with stress, anxiety and homesickness.

2

ESTABLISHING AND MAINTAINING HEALTHY HABITS

(15–20 minutes)

Invite students to read the “Maintain healthy habits” section of page 15 of the College Success Guide, or ask for a volunteer to read to the group. As a group, discuss why making healthy food choices and being physically active are important. Then, ask students to fill in the second column of the “Maintaining healthy habits” worksheet, focusing on how they can improve or maintain their habits during college.

3

DECIDING WHERE TO LIVE: PROS AND CONS *(20 minutes)*

Distribute the worksheet: “Deciding where to live.”

Ask students to read “Deciding where to live” on page 15 of the College Success Guide, or ask for volunteers to read to the group. Then, give students about 15 minutes to fill in the worksheet, which is also available on page 17 of the Collete Success Guide. The worksheet will help them weigh the pros and cons of different types of on- and off-campus housing while considering whether each type might be right for them.



Activities

4

WHAT KINDS OF HOUSING ARE AVAILABLE AT MY COLLEGE? *(15–20 minutes)*

Students should visit their college’s website and conduct research to learn what kinds of housing will be available to them as freshmen. Ask them to jot down notes about what they learn. They may want to reference page 15 of the College Success Guide for a list of the different types of on-campus housing.

Students who plan to live at home can still research housing options. They may decide to move on campus later in their college careers. Or, if they’re considering renting an apartment near campus, they could begin researching apartment communities close to the college they plan to attend. Students can record their findings on their computer or a blank piece of paper.

5

WRAP-UP/REFLECTION: DETERMINING THE BEST HOUSING OPTION *(5 minutes)*

Distribute the worksheet: “Determining the best housing option.”

Using the notes they jotted down in the previous activity, students should take a few minutes to write down their thoughts on which housing option is the best fit for them during their first year of college.



Worksheet | MAINTAINING HEALTHY HABITS

Your health is vital to your academic success. You should be sure to take advantage of the different health and wellness services available to you on campus. Make a plan for establishing healthy habits in college for your body and mind.

What do your health habits look like now?

Nutrition

Exercise

Sleep

Dealing with stress and anxiety

Dealing with homesickness

How can you improve or maintain your health habits during college?

Nutrition

Exercise

Sleep

Dealing with stress and anxiety

Dealing with homesickness



Worksheet | DECIDING WHERE TO LIVE

Choosing where to live is another important step to set yourself up for success for your first year of college and beyond. Depending on the college you attend, you may have different living options available to you. Some colleges require freshmen to live on campus. Think about some of the pros and cons of each of the following on- and off-campus living options. While living on campus can be beneficial due to the proximity to classes and the ability to easily get involved, some circumstances may call for you to live off campus.

<i>On campus</i>	<i>Consider?</i>	<i>Pros (+)</i>	<i>Cons (-)</i>
Residence hall (single, double or suite)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Maybe		
Learning community or special-interest/theme housing	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Maybe		
Apartment or suite	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Maybe		
Cooperative housing	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Maybe		
<i>Off campus</i>	<i>Consider?</i>	<i>Pros (+)</i>	<i>Cons (-)</i>
Living at home with family	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Maybe		
Off-campus apartment	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Maybe		



Worksheet | DETERMINING THE BEST HOUSING OPTION

What housing option do you think is the best fit for you during your first year of college? Why?
