

A monthly note about
campus resources and
Edgerton people

Produced by the Edgerton
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Stress, Relaxation, Time Management with Zan Barry

Zan Barry, Health Educator from the Center for Health Promotion and Wellness at MIT Medical came to share some thoughts with Edgerton House. Here are some highlights from her talk.

5 Smart Steps to Less Stress

- Know what stresses you.
- Make a plan.
- Take care of your body.
- Take care of your feelings.
- Ask for help.

Tips for What to Do Once You Are Behind

- Do not skip important readings or lectures.
- Do not get behind on current work in an effort to catch up on prior material.
- Prioritize and stick rigidly to your schedule.
- Make sure that you are still sleeping.
- Let people know how you are doing. Your friends will be more supportive and less distracting.
- Let your professors know because they want to help you learn and the sooner you let them know that you are behind the nicer and more helpful they can be.
- Form study groups
- Take advantage of recitations
- Take advantage of review sessions.
- REMEMBER: Everyone else has been in the same situation.

Resources

Personal Well-being

G.C. Kelly Klima, klima@mit.edu
Interim P.M. Dan Kirsch dkirsch@mit.edu
Zan Barry, 253-3646, bars@med.mit.edu
Center for Health Promotion and Wellness
Other Classmates

The Relaxation Line, 253-CALM, (24/7/365)

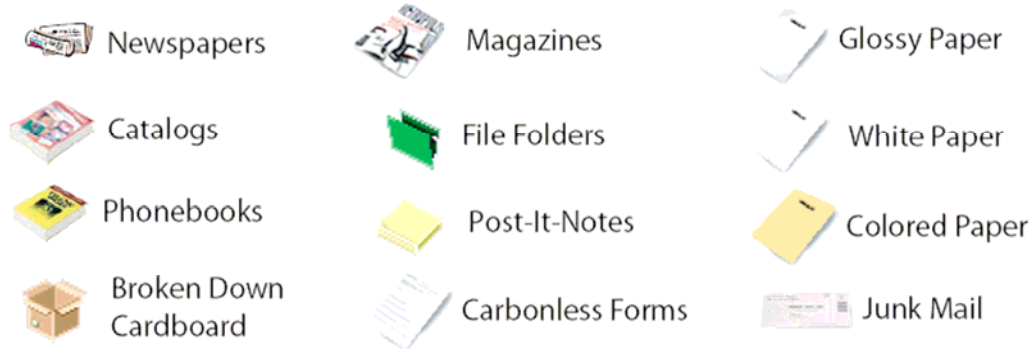
Mental Health Service @ MIT Medical
Nightline peer listening service, 253-8800, (7pm-7am)
Student Support Services <http://web.mit.edu/counsel/www/>

Academics

Teaching Assistants
Professors
S³ (9-5pm)
Academic Resource Center
<http://web.mit.edu/arc/learning/>

What can you recycle at MIT?

All Paper in desk side and blue-top bins



Bottles, Cans and Containers

in green-top bins. Must be empty, but do not need to be cleaned.



Computer Monitors / Electronics

contact recycling@mit.edu



Technotrash

Technotrash cans are unique containers located on campus.

CDs, diskettes, audio and video tapes
Cell phones, pagers, and PDAs
Rechargeable batteries

Toner Cartridges

Place in designated containers in Distributed Mail Centers (DMC's)



Batteries

Nickel-cadmium, Button and Lithium batteries. Alkaline batteries can be disposed of in the trash.



For more information:

Working Group Recycling Committee at <http://web.mit.edu/wgrecycling>
Department of Facilities at <http://web.mit.edu/facilities>
Environment, Health and Safety Office at <http://web.mit.edu/environment>

What about lids of containers? Can they be recycled? Separately or attached to their respective containers? The lids can be recycled with the containers, but it's best to separate them as you place them in the bins as they'll ultimately be recycled in different batches.

Can plastic bags (like the ones you get from Shaws when you go shopping) be recycled? In terms of the plastic bags, our new vendor doesn't take them. However, you can recycle them at supermarkets such as Shaws and Johnny's Foodmaster as well as at the City of Cambridge recycling drop off center on Hampshire Street (DPW lot). I also recommend that people reuse them a lot (gym bag, lunch bag, shopping bags - you can get a small refund from Whole Foods for reuse, etc.)

Spotlight

Program Manager Gabrielle Abelard

Program Manager Gabrielle Abelard comes to Edgerton from the Residential Life Office. She serves as an advocate for graduate students and improves communication between the house teams, Student Life Programs, and several resource offices and committees on campus. Not only can she help residents register event, but she provides support and cultural integration of international students.



Unfortunately, Gabrielle will be leaving us shortly. Until the Program Manager can be replaced, Resident Life Associate Dan Kirsch (dkirsch@mit.edu) will be filling in for her. We'll miss you Gabrielle!

Edgerton House Holiday Reminders

Do your holiday plans include a trip out of town? Remember to take care of a few things at Edgerton before you leave:

1. Lock the doors.
2. Shut your windows to prevent cold air from getting inside the apartment and freezing your stuff.
3. Turn out your lights and computers.
4. **TURN OFF YOUR ALARM CLOCKS.**
5. If you plan to be away for a long time, or if you get a lot of mail in a short time, ask someone (like an apartment-mate) to pick up your mail, or fill out a mail forwarding card at the post office.

Or, will you be staying in Edgerton during the holidays? It will be quiet here and all over campus, but these resources are still available to you:

1. The Front Desk (x3-4933) will be staffed as usual, from 8am to midnight, with just a few gaps expected during Christmas Day and New Year's Day. Be sure to update your guest list.
2. In case of emergencies, dial Campus Police at x100 or x3-1212.
3. For repairs, call x3-1500 to reach the House Manager/facilities on call.
4. For medical emergencies, call x3-1311 for MIT Medical Urgent Care.

Happy Holidays!