

MARCH  
MADNESS!

Health Corps Newsletter



## Raising Awareness

\*National Nutrition  
Month\*

\*National Developmental  
Disabilities Awareness  
Month\*



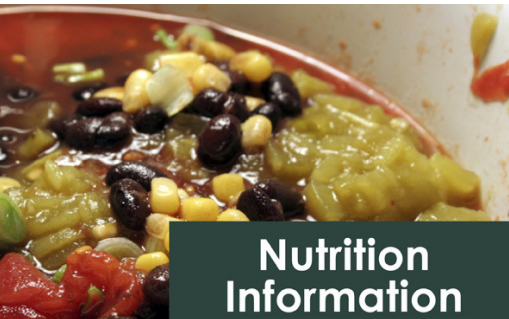
## Harvest of the Month Shell Beans

- 500 shell beans exist including black beans, chickpeas, lima, kidney, and pinto beans
- High in fiber and iron
- Reduces cancer risk
- Can help regulate blood sugar

## Tips to stay organized during the longest month of the term

- Create to-do lists
- Prioritize your tasks from most important to least important.
- Ask for help sooner than later if needed.
- Do NOT wait until the last minute
- Pick an outfit and prep breakfast the night before.
- Use a planner or calendar! Seeing is believing, less last minute rush occurs if you keep track of deadlines
- BREAK IT UP. Break up big tasks, into smaller, bite-sized jobs.
- Get a good nights sleep, being tired leads to decreased productivity
- Take time for SELF CARE! If you don't treat yourself your cheating yourself!

# Tasty Recipe for Harvest of the Month: Beans!



## Nutrition Information

Per serving (1/4 of recipe)

|                |                       |
|----------------|-----------------------|
| 255 calories   | 154 mg calcium        |
| 1.4 g fat      | 5.2 mg iron           |
| 0.2 g sat fat  | 24.9 mg vit. C        |
| 0 mg chol.     | 182 mcg beta-carotene |
| 13.9 g protein | 1 mg vit. E           |
| 49.8 g carb.   |                       |
| 5.2 g sugar    |                       |
| 17.4 g fiber   |                       |
| 816 mg sodium  |                       |

## Black Bean Chili

Makes 4 servings

### Ingredients

- 1/2 C. water
- 1/2 onion, chopped
- 1/2 green bell pepper, chopped
- 4 garlic cloves, minced or pressed
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- 1 or 2 canned chipotle peppers in adobo sauce, chopped, plus 1 tsp. of the sauce
- 2 15-ounce cans black beans, or 3 C. cooked black beans, undrained
- 1 15-ounce can diced tomatoes, undrained
- 1/2 C. frozen corn
- 1/4-1/2 tsp. salt or to taste

### Preparation

Heat water in large pot. Add onion, bell pepper, garlic, oregano, and cumin. Cook over medium heat, stirring often, until onion is soft. Add chipotle peppers with sauce, crushed red pepper, or jalapeno to the pot. Add beans and their liquid, tomatoes, corn, and salt, if using. Cover and simmer, stirring occasionally, until chili is thickened, about 20 minutes.





# Time Management:

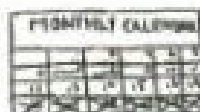
becoming-a-lawyer.tumblr.com

## Goal Setting:



- DETERMINE YOUR LONG-TERM, MEDIUM-TERM, AND SHORT-TERM GOALS
- GET THE BIG PICTURE - POST THOSE GOALS SOMEWHERE YOU CAN SEE THEM REGULARLY
- SET GOALS WITH OTHERS - THIS WILL CREATE ACCOUNTABILITY AND IT WILL MOTIVATE YOU

- MAKE SURE YOUR GOALS ARE SPECIFIC MEAURABLE ATTAINABLE RELEVANT TIME-BOUND
- VISUALIZE YOUR ACHIEVEMENT - IMAGINE YOURSELF ACHIEVING YOUR GOAL AS WELL AS HOW YOU ARE GOING TO ACHIEVE IT



## Planning:

- LAY OUT A TIMETABLE FOR THE TERM - POST IT SOMEWHERE YOU CAN SEE IT REGULARLY
- SET TASKS WITH DEADLINES
- WRITE DAILY TO-DO LISTS
- DEVELOP A WEEKLY SCHEDULE
- BREAK DOWN PROJECTS INTO SMALLER, MORE MANAGEABLE TASKS AND SPREAD THEM OUT
- KEEP IN MIND THE AMOUNT OF TIME A TASK WILL TAKE
- CONCENTRATE ON A TASK AT A TIME
- BE SPECIFIC WHEN WRITING DOWN YOUR TASKS

## Prioritize WITH EISENHOWER URGENT/IMPORTANT PRINCIPLE:

- LIST ALL THE ACTIVITIES YOU HAVE TO DO AND SORT THEM:
- ⊙ ONES THAT YOU COULD HAVE NOT FORESEEN, AND OTHERS YOU'VE LEFT UNTIL THE LAST MINUTE
  - ⊙ ACTIVITIES THAT HELP YOU ACHIEVE YOUR PERSONAL AND PROFESSIONAL GOALS
  - ⊙ THINGS THAT PREVENT YOU FROM ACHIEVING YOUR GOALS. ASK YOURSELF WHETHER YOU CAN RESCHEDULE OR DELEGATE THE
  - ⊙ THESE ACTIVITIES ARE JUST A DISTRACTION. AVOID THEM IF POSSIBLE



## Scheduling:



Work 1 hour  
Study 20 minutes  
Substitution of  
Sleep, Breaks

- USE YOUR TIME EFFECTIVELY
- BE SPECIFIC AND REALISTIC WITH YOUR SCHEDULE
- COMPLETE MOST OF YOUR STUDYING DURING YOUR MOST PRODUCTIVE HOURS
- BEGIN WITH YOUR DIFFICULT TASKS
- AVOID SCHEDULING MARATHON STUDY SESSIONS
- TAKE FREQUENT BREAKS

- ESTIMATE HOW MANY HOURS YOU'LL NEED TO STUDY EACH WEEK AND SCHEDULE THOSE HOURS
- PREPARE FOR THE UNPLANNED. MAKE SURE YOUR SCHEDULE IS FLEXIBLE
- AVOID GETTING DISTRACTED
- WORK WITH YOUR CONCENTRATION SPAN
- REWARD YOURSELF