



## APRIL HPL NEWSLETTER

### HPL TRIVIA

**What days are the worst for exercising in the city with regard to ozone emissions?**

- Rainy days
- Cloudy windy afternoons
- Sunny windless afternoons
- Cloudy windy morning

Answer on pg. 2

### Finals week stress relief

Finals week can be an incredibly stressful time for students. Here are some effective ways to manage stress during this period:

**Practice time management:** Create a study schedule and stick to it. Break down your workload into manageable chunks and allocate enough time for each subject or task.

**Take study breaks:** While it's important to dedicate time to studying, it's equally crucial to take regular breaks. Step away from your desk, go for a short walk, or engage in a relaxing activity to recharge your mind and body.

**Exercise and stay active:** Regular physical activity can help reduce stress levels and improve your overall well-being. Even light exercises like yoga or stretching can make a difference.

**Get enough sleep:** Adequate sleep is essential for cognitive function and emotional regulation. Aim for 7-9 hours of sleep each night to help your body and mind recharge.

**Eat a balanced diet:** Fuel your body with nutritious foods that provide sustained energy throughout the day. Avoid excessive caffeine and sugary snacks, as they can lead to crashes in energy and mood.

**Practice relaxation techniques:** Try deep breathing exercises, meditation, or progressive muscle relaxation to calm your mind and reduce anxiety.

**Seek support:** Don't hesitate to reach out to friends, family, or campus resources if you're feeling overwhelmed. Talking to someone can help provide perspective and emotional support.

**Take breaks and engage in enjoyable activities:** Schedule regular breaks to do something you enjoy, whether it's reading a book, listening to music, or spending time with friends. These activities can help you recharge and maintain a healthy work-life balance.

**Positive self-talk:** Be kind to yourself and avoid negative self-talk. Remind yourself of your strengths and past successes to boost your confidence.

**After finals, reward yourself:** Plan something enjoyable to look forward to after finals week, such as a special outing or activity, to celebrate your hard work and perseverance.

Remember, stress is a normal part of the finals experience, but it's important to manage it in a healthy way to maintain your physical and mental well-being.

Call and schedule an appointment:

Phone: 320-308-4798

Email: [hpl@stcloudstate.edu](mailto:hpl@stcloudstate.edu)

### Services Offered:

Minimum Wrestling Weight

Submaximal Cardiovascular

Fitness Testing

Maximal VO2 Fitness Testing

Anaerobic Power Output/Wingate

Resting Metabolic Rate

Lactate Threshold Test Muscular

Fitness Testing

Maximal Muscular Fitness Testing

Pulmonary Function Testing

Flexibility Testing

Functional Movement Screening





## APRIL HPL NEWSLETTER

### The Perfect Summer Doesn't Ex...



#### Top 5 places to support your hometown community

- Animal shelter
- Hospitals
- Food pantries
- Senior living center
- Soup kitchens



#### Short Reads for Summer

*"Educated"* by Tara Westover - A powerful memoir about a woman's journey to education and self-discovery.

*"Sapiens: A Brief History of Humankind"* by Yuval Noah Harari - A thought-provoking exploration of the history of our species and the future of humanity.

*"The Kite Runner"* by Khaled Hosseini - A powerful novel that explores friendship, betrayal, and redemption against the backdrop of Afghanistan's tumultuous history.

*"The Power of Habit"* by Charles Duhigg - An insightful book that delves into the science of habit formation and how to create positive habits.

*"The Alchemist"* by Paulo Coelho - A philosophical novel about following your dreams and finding your life's purpose.

*"Just Mercy"* by Bryan Stevenson - A powerful memoir that sheds light on the criminal justice system and the fight for equal justice.

*"Mindset: The New Psychology of Success"* by Carol S. Dweck - A groundbreaking book that explores the power of mindset and its impact on success and personal

#### Trivia Answer: C

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### The Great Outdoors

*Why stay inside this summer?*

- Voyageurs National Park
- The Boundary Waters
- Itasca State Park
- Tettegouche State Park
- Jay Cooke State Park
- Gooseberry Falls



#### Quote of the Month:

**"The future belongs to those who believe in the beauty of their dreams."**

**- Eleanor Roosevelt**

### St. Cloud State University

#### Academic Calendar for 2024-2025

August 2024							September 2024							October 2024							November 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
29	30	31					29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	
22	23	24	25	26	27	28	29	30	31																		
28	29	30	31				28	29	30	31			28	29	30	31				28	29	30	31				

December 2024							January 2025							February 2025							March 2025						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
29	30	31					29	30	31					29	30	31					29	30	31				
29	30	31					29	30	31					29	30	31					29	30	31				

April 2025							May 2025							June 2025							July 2025						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
29	30	31					29	30	31					29	30	31					29	30	31				

Calendar Key
Holiday; non-instruction; non-duty day; offices closed
Holiday observed; non-instruction; non-duty day
Fall/Spring Instruction; duty day
No in-person classes; non-instruction duty day
Classes in session; offices closed
Break; non-instruction; non-duty day; offices open
Finals; duty day
Accelerated online session
Summer Book 1: May 19-June 20
Summer Book 2: June 23-July 25
Start of 7-week Accelerated online session
End of 7-week Accelerated online session

Key Dates:
- Fall faculty workshops/convocation is Aug. 20-23, 2024
- Fall 15-week semester begins Aug. 26, 2024
- Indigenous Peoples Day (Oct. 9, 2024) observed Nov. 27, 2024
- Thanksgiving Break is Nov. 27-29, 2024
- Fall Commencement is Dec. 13, 2024
- Winter Break is Dec. 16, 2024 - Jan. 10, 2025
- Spring faculty workshops/convocation is Jan. 6-10, 2025
- Spring 15-week semester begins Jan. 13, 2025
- Presidents' Day (Feb. 17, 2025) is observed Jan. 3, 2025
- Spring Break is March 3-7, 2025
- Provoost Summit is April 16, 2025
- Spring Commencement is May 9, 2025

Holidays (offices closed):
- Labor Day: Sept. 2, 2024
- Veterans Day: Nov. 11, 2024
- Thanksgiving: Nov. 28, 2024
- Christmas: Dec. 25, 2024
- New Year's Day: Jan. 1, 2025
- Martin Luther King Jr. Day: Jan. 20, 2025
- Presidents' Day: Feb. 17, 2025
- Memorial Day: May 26, 2025
- Juneteenth: June 19, 2025
- Independence Day: July 4, 2025