

# Students cut apron strings as they prepare to go to college

STAFF REPORTS

The transition from high school to college can be one of the most exciting times in a young person's life. It can also mean a summer filled with anxiety and stress.

Will I fit in? Will the academic pressures be too great? Will I be homesick for mom's good cooking? First-generation college students may face greater anxiety because they don't have parents or other relatives who can offer advice on surviving the freshman year of college.

John Gardner, director of the National Resource Center for Freshman Year Experience and Students in Transition

at the University of South Carolina, said it's normal for students, particularly first-generation students, to feel pressure during the summer before they head to college. But he said there are specific things those students can do to make the transition easier.

"First-generation college students should talk to other kids like them who have just finished their freshman year," he said. "This way, they will get a firsthand account of the do's and don'ts of getting through the first year."

Gardner also recommends talking with recent college graduates in the community who can share their experiences about what to expect from

college.

He said no matter what school a first-generation student will attend, that school will have some sort of orientation program.

"Some of the orientation programs are optional, and some have fees," Gardner said. "I highly recommend going to them. Don't be scared off by the fees. Usually they are marginal, and you'll get an advance view of what college life will be like. You might even get a chance to meet some of your professors, your academic adviser and student leaders while you are there."

Not only is heading off to college stressful for the first-generation students,

it is also stressful for their parents. These parents might feel ill-prepared to give advice and guidance to their child.

"Parents should talk to other parents who have sent kids off to college," he said.

He said whether intentional or unintentional, parents should avoid making their child feel guilty about leaving the nest.

"Downplay the loss," he said. "It is a great loss to have a child leave home, but that loss will be replaced by a tremendous sense of pride."

Gardner said parents with children who are going to live at home while attending college should brace themselves

for changes.

"The child is not going to have time to eat all of his or her meals at home, watch television with the family or do other family-oriented things," he said. "The child will be spending time in the library, making new friends and joining student organizations."

There are a few things parents and their children can do together to make the transition from high school to college easier.

Gardner said parents should attend the orientation with their child. Most colleges offer sessions for parents during orientation. He said parents will be more comfortable letting go after they see

where their child will be living and after meeting professionals who will be there to give advice and counseling.

For families living near the college the child is going to attend, Gardner said visiting the library or campus bookstore together is a good idea. Most college bookstores offer an array of books about surviving the freshman year.

"I suggest kids and parents read these books together," he said. "It will make everyone involved feel a lot better about the changes that are about to happen."

# Replacing fluids fights dehydration, is vital to summer health

STAFF REPORTS

It's hot. You sweat. Your body loses valuable fluids.

If these fluids aren't replaced, the consequences can be severe and even fatal, says exercise physiologist Dr. Mark Davis, a USC School of Public Health professor.

Negative consequences include dehydration and exaggerated fatigue, "a first sign of bad things to come," Davis, an expert on exercise science and fluid replacement, said. What can follow are more serious

heat-related illnesses, including heat cramps, heat exhaustion and heat stroke, which can cause a person to lose consciousness and die.

"People can lose large amounts of fluid from their bodies when they sweat, up to one or two liters per hour, especially in warm environments," he said. "Although most people realize that exercising in hot weather causes you to sweat more, many don't realize that you can lose a lot of fluid just by sitting on the beach." When the body is robbed of fluids, Davis said several physiological changes can occur:

■ A person's blood volume goes down as they sweat. This lack of blood hinders the body's ability to cool itself, putting an individual at risk for heat-related illnesses.

■ Less blood goes to the muscles, increasing the risk for heat cramps. Athletes, in particular, can get heat cramps because the muscles don't get the electrolytes - sodium and potassium - that are important for proper function.

■ The body's cells, particularly those in the brain, become dehydrated. This impairs the function of many of the body's cells.

To get the fluids you need, start by drinking water, especially if you are going to be outside for an hour or less.

"Water is an excellent replacement fluid in short-term situations, such as being out at the pool or going for a walk," Davis said. "The problem is that a lot of people, especially children, don't like to drink water. You need to find a drink that tastes good."

Although soft drinks, fruit drinks and tea taste good, most have high concentrations of sugar that slow the absorption process in the stomach. Many of

these drinks have carbohydrate concentrations of 10-13 percent, approximately twice as much as the body can absorb, he says.

Another problem with tea and soft drinks is the amount of caffeine they contain. The caffeine is a diuretic, causing a person to urinate more often.

According to Davis, sports drinks, such as Gatorade, Powerade and All Sport, are good choices for summer drinking.

"Most sports drinks on the market today can be readily absorbed by the body," he said. "Because they contain small

amounts of electrolytes, sports drinks can be beneficial, especially when you will be outdoors or involved in sports activities for a prolonged period of time."

Thirst alone is not enough in the summer to stimulate the drinking of beverages.

"When humans are given the opportunity to drink according to their thirst, they consistently consume too little," Davis said. "Pace yourself to drink at regular intervals, every 15 to 20 minutes. Many heat-related injuries could be prevented this summer by drinking adequate amounts of fluids."

# Chaplain's Corner



## PALM Campus Ministry Partnership Among Lutherans and Methodists

- A home away from home
- A community where you make a difference

Sunday worship, retreats, coffee houses, discipleship groups, service projects, socials



ALL ARE WELCOME



PALM Center • 728 Pickens Street • 799-7363

## Canterbury: The Episcopal Church on Campus

1610 Greene St. in the St. Thomas More Center



**Holy Communion Summer Schedule:**  
Wednesdays at 5:30pm  
Second Fridays at 12:15pm

Rev. Rich Biega, chaplain, tel 799-5059.

THE EPISCOPAL CHURCH WELCOMES YOU

## Baptist Student Union

BSU is: **Christ-centered community**  
**Addressing needs with Love and Variety by Accepting and Responding to You!**

Thursdays 7pm  
large group meeting

Bible Study  
Discipleship

Retreats

Choral Ensemble  
"Foundation"

Drama Group  
"Exalt"

Mission  
Opportunities

Baptist Student Center • 700 Pickens Street • 803 799-3854

## Orthodox Christian Fellowship Pan-Orthodox Campus Ministry



For more information about OCF or one of Columbia's three Orthodox parishes, please call 252-6758.

## St. Thomas More Catholic Center

Mass Sunday 11am; Mon-Thurs. 12:15pm; Sat. Vigil 5pm



1610 Greene Street

**Confession**  
half hour before Saturday Mass

**Newman Club**  
Evening Prayer 6:45pm  
Meetings: Tues. 7pm

Rev. Michael F. McCafferty, Chaplain