Student Organization Spotlight: SMU College Democrats

SMU College Democrats is a vehicle of communication between the Democratic Party and the SMU community. The organization was awarded the 2011 Texas College Democrats Chapter of the Year. The president of SMU College Democrats is Michael Wilburn, a Sophomore double majoring in human rights and religious studies and double minoring in Arabic and political science. Michael is assisted by an executive board consisting of vice president Goke Akinniranye, secretary Bret Gregory, and treasurer Pennock Orr. One of the greatest successes of the group was having Sean Hubbard speak to the group while he was running for US Senate. "Having a major candidate visit campus and providing an informative platform for questions really excited the group," Wilburn said.

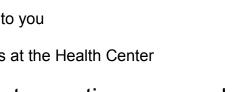


Stressed about midterms? Extracurriculars? Life?

It's normal to feel stress every once in a while. Here are some things that may help manage your stress:

- Try some mindful exercise like yoga or tai chi
- Get your heart pumping with a run or other cardio
- Read a book for pleasure
- Spend some time in the sunshine or near a window
- Eat well—get plenty of fruits and veggies and stay hydrated
- Break down your to-do list into small, achievable tasks
- Ask for help from professors, friends, advisors
- Spend some time on a hobby you enjoy
- Write and reflect in a journal
- Listen to music
- · Go for a long walk around the neighborhood
- Get off campus and explore a museum or park that's new to you
- Look at some cute animal pictures (<u>cuteoverload.com</u>)
- Take advantage of Counseling and Psychological Services at the Health Center
 (smu.edu/healthcenter/counseling)

"I try to take one day at a time, but sometimes several days attack me at once." - Jennifer Yane



Event Calendar

October 2

Alternative Break Information Session: 6:30-7:30 PM, HTSC Atriums AB

Petanque & French Snacks: 5 PM, Clements Hall (French Club)

Sing Song Interest Meeting: 6:30 PM, HTSC Theater (Program Council)

October 3

Panhellenic Social: 5-7 PM, HTSC Ballroom

Presidential Debate Series: 7-9 PM, O'Donnell Hall 2130

October 4

Homecoming Candidates and Captains Meeting: 6 PM, HTSC Forum (Student Foundation)

German Film Series: 7-8:45 PM, Clements 234

Blood Diamond Film Screening: 7 PM, HTSC Theater (Program Council/African Students Association)

October 5

Homecoming Candidates and Captains Meeting: 1 PM, HTSC Forum (Student Foundation)

October 6

Habitat Build: 7:30 AM-2:30 PM (Habitat for Humanity)

October 9

Real Talk: Conversation Around Diversity: Noon-1 PM, LOC (Multicultural Student Affairs)

Tate Lecture - Regis Philbin: 8 PM, McFarlin Auditorium

October 10

IFC Formal Recruitment Meeting: 6 PM, HTSC Theater

October 11

Presidential Debate Series: 7-9 PM, O'Donnell Hall 2130 Masquerade Ball: 8 PM, HTSC Ballroom (Spectrum)

Want to include your event on the calendar? Contact lchapman@smu.edu.



Student Activities