**Class Is in Session** [1]

Week of:
Aug 29, 2014

**Wake up, it's time to go to school again** [2]

Hi Alice,

As we begin to think about the next school year, I was wondering about what advice you have about adjusting from the summer late nights, late mornings back to VERY early mornings? Please give me any tips or tricks you may know to help ease the adjustment for thousands of kids across the country with the trauma of going back to school. Thank you.

D

**How can I eat well at college?** [3]

Dear Alice,

How do you maintain a healthy and low-fat diet while living in the college dorms? I am concerned that I will either gain tons of weight or become anorexic. Please help.

Confused and College Bound

**Stress at the start of school** [4]

Dear Alice,

How can I reduce stress as school begins?
Fitting exercise into a busy schedule [5]

Hey Alice,

I really want to lose some weight, but I go to school and I don't have the time. Now that school is out, I have the time to exercise. But the summer will be over faster than a snap of the finger. So what is a good exercise to really work out my inner thighs, stomach, and my hips? What are some really good exercises that don't take too long (but are a really good work-out) that I can work into my busy schedule?

Thanks,
A


Dear Alice,

I am a freshman who has just moved into the "social dorm." It's only been a few days, but I already feel like my place in the social strata is being cemented? I'm somewhat overweight, and although I can be very talkative and can force myself to make the effort to meet people despite being nervous, I feel like I'm already being classed as one of the straight-edge less popular types. I don't mind that I'm not the type who makes 500 friends instantly; I'm still managing to make a few good acquaintances/potential friends.

The problem is that the people I make friends with aren't really the party types, and while I'm not a huge party person either, I still want to get to go to some and have the whole "college experience." How is it that other people are "in the know" about parties and stuff like, as soon as they get here? What are the qualities that make them seem to bond so instantly? How do I get myself invited to at least some of these events?? I don't want to crash the parties and show up alone...

Read more [6]
Go Ask Alice! is not an emergency or instant response service.

If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: http://www.goaskalice.columbia.edu/node/24341#comment-0

Links