Balanced Living

At this time in the academic year, your son or daughter might be feeling the full weight of what it means to be a college student. A lot of things are still new for them: new college-level coursework, new friends, professors and campus. It is no wonder that about one-fourth of American college first year students feel “overwhelmed.” You can help your student beat first-year college stress by encouraging a healthy balance — in mind, body and spirit.

A Balanced Mind

College rhymes with knowledge, but an education is not all book learning. First-year students often feel such intense academic pressure that they think they should be studying all the time. However, it is crucial for their mental health to have a life outside the classroom. LMU makes that easy to do.

Involvement — Students can choose from nearly 150 clubs and organizations. The variety is abundant, ranging from service to academic organizations to recreation and club sports. There are even opportunities to start their own organization! The benefits of involvement are countless—and maybe surprising. Research shows that students who are involved in a well-balanced number of activities actually have a better chance of graduating on time. They also develop valuable social and leadership skills and raise their self-esteem, while having fun and building a network of like-minded friends.

Events — From lectures, concerts, readings, athletic and social events, our calendar is chock-full of interesting things to do on campus. Urge your student to attend an event whenever possible. There is something different almost every day. Don’t know where to look? Encourage your student to log onto their LMU EXP portal, where they can find lots of things happening all the time on campus.

Explore L.A. — Los Angeles County sparkles with sun, fun and culture. From Griffith Park Observatory to the Santa Monica Pier, from museums to plays, there are inexpensive ways to enjoy Southern California. Encourage your student to discover L.A.

A Healthy Body Says "So Long" to Stress

Exercise relieves stress and boosts energy and there are plenty of options to get moving at LMU.
We Can Work It Out – Students can work out at the Burns Recreation Center and use recumbent bikes, treadmills, Stairmasters, free weights and weight equipment. Three multi-purpose courts and equipment rentals are also available. They can drop in for one of our 40-plus group fitness classes a week, including cycling, yoga flow, zumba, TRX and many more. Students also have the option to lap swim in our 50-meter Olympic size pool that is heated throughout the year or lounge pool side.

Be a Sport – If your student is serious about intercollegiate sports, LMU is home to 22 men's and women's varsity teams, called the Lions. For students who like team sports but don't want the pressures of intercollegiate competition, we offer intramural teams for basketball, flag football, soccer and other sports. We also offer a variety of club sports, including soccer, snowboarding, volleyball, lacrosse and rugby.

For the Health of It – Students can take advantage of the FitWell Center services (located on the first floor of the Burn's Recreation Center). The FitWell Center is committed to providing health and wellness programming and education for the entire campus. Services and programs include: individual or small group personal training packages, fitness center orientations, peer nutrition consultations, body composition analysis, massage therapy and customized wellness presentations for student organizations, clubs and residence halls. All services excluding personal training, peer nutrition consultations and massage therapy are free to students unless otherwise specified.

Specialized events are also hosted each semester to encourage students to embrace a holistic lifestyle that focuses on the body, mind and soul. These events include but are not limited to the annual Think Pink 5K run/walk in October, Spa Days throughout the year, Feel Good Finals, Spring Fitness challenge (self-paced motivational fitness program), and Body Image Awareness week.

A Balanced Life Needs a Spiritual Side

The third part of your student's balancing act involves their spiritual life. The spirit may be invisible, but it needs to stay healthy, open and dynamic just the same. At LMU, we encourage our students to practice and explore their spirituality.

Clubs: Students can become involved in numerous organizations like Christian Life Communities and Interfaith Outreach devoted to improving community life and broadening interfaith understanding.

Services: Mass, ecumenical and inter-religious services are offered several times daily on campus. There are also opportunities for retreats, and group as well as individual spiritual direction.

Our First Year Experience office is always here to help. Students are encouraged to stop by the Student Success Suite in the Malone Student Center Building, Suite 301 during business hours or call 310.338.5252.
Until next time!

Lisha Maddox  
Associate Director of Student Success

If you have any questions or concerns, please email us at lmuparentprograms@lmu.edu.

Visit our Parent Pride website for additional articles and resources!