Sullivan students get connected!

Are you a procrastinator? Are you inefficient or unorganized? If the saying “you are what you eat” is true, are you making the most of your diet? If you answered “yes”, “no” or “maybe” to any of these questions then the Connector Series - Real Life Issues - is where to get the right answers! Sullivan’s Connector Series brings real life interests, issues and discussions to our students outside of the classroom. “Procrastination” was addressed in a presentation given by Rosanne Rucker, of Feinberg and Associates, who explained that the most efficient of us still have room for improvement and taught skills that can improve study habits, job skills, and home life.

Andrea Melvin, a Physician Assistant Student and Registered Dietitian, and Sullivan University’s Housing Resident Advisor, spoke to students during Wellness Week. Topics included healthy eating on the run, reading labels, fat intake awareness, and portion control.

Andrea brought in food samples giving students a real “taste” of what’s good for them – many were unaware of the hidden calories lurking in common snack foods. Helpful information was distributed and all were encouraged to make their calories count for them and not against them!