



# SCHOLARS' SCROLL

FOR THE SCHOLAR BY THE SCHOLAR

FEBRUARY 2024

## SCHOLAR OF THE MONTH



Our student of the month is nothing short of an accomplishment and this month, we would like to congratulate **Makayla Walker**. A first-year student in the program, Makayla excels in exercise science and actively participates in CHAARG, an all-girls workout group on campus. Beyond academics, she also works as a swim instructor, enjoys crafting jewelry, and reading books. Makayla aspires to travel the world and experience its diverse cultures.

Congratulations on this well-deserved recognition!

## WINTER BLUES?

Here are some ways to fight it.

- Embrace Hygge
  - The Danish concept of "hygge," emphasizes coziness, and togetherness. Create a cozy atmosphere with blankets, candles, and warm colors.
- Try a Winter Sport
- Warm Baths or Saunas
- Plan a Winter Getaway
- Indoor Gardening
- Cold Exposure Therapy



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HAPPY BLACK HISTORY MONTH