

Ideas for Beating the Heat

- **Keep your blinds and windows closed when they are exposed to direct sunlight and open your blinds and windows in the evening to bring in cooler air.**
- **When you're awake, keep your door open for more air flow into and out of your room.**
- **Use a desk fan while you study and box fans to circulate air in your room.**
- **Turn off the lights and when you're not using them turn off/unplug electronic devices as they produce heat.**
- **Hang in there - after the first few weeks of classes, the fall weather will arrive!**

Tips for Keeping Cool

- **Drink plenty of water.**
- **Wet a washcloth with cold water, place on your neck and forehead.**
- **Take a cool rather than warm shower.**
- **Wear lightweight, loose-fitting cotton clothing.**
- **Spray yourself with a squirt bottle filled with cool water.**
- **Grab an ice cream in the McLendon C-Store.**

Utilize Air Conditioned Locations to Relax or Study

- **Study in the Library - link to <http://www.drew.edu/library/hours/> Hangout in a residence hall lounge**
- **Attend an event or relax in the lounge at the Ehinger Center**
- **Utilize the study spaces in the Commons after grabbing a meal**
- **Go for a swim in the Simon Forum - link to: <https://www.drew.edu/CampusRec/forum/recswim>**