



Spring 2008

HR Leaders of Tomorrow

UNT SHRM

Upcoming Events:

- > March 27—Officer Elections & Speaker: Stephanie Smith (Dallas HR, HR Southwest)
- > March 29—UNT Beautification Day: 9:00AM UNT Campus
- > April 10—Speaker: Greg Hollen (Certified non-profit HR professional, HR Director for the Family Place)
- > April 19—Relay for Life: 12:00PM UNT Fouts Field
- > April 24—Speaker: Patty Revis from Jobbing.com (Topic: Job searching)

Our Member Meetings in the Spring Semester 2008 are held in the Business Building, Room 166

Thinking About Thinking

When I think of HR, many things come to mind. Neuroscience is not one of them. Still, this field (dedicated to the study of the human brain) merited a cover story in the March issue of *HR Magazine*, so SHRM obviously thinks it's important. Though they try to make it HR specific, the article's information is useful for *anyone* to know. What's true of the brain is true of so many things: if you have one, it's nice to know how it works. Here are some highlights:

Decision-making is difficult, and after making a number of consecutive decisions, we sometimes feel mentally exhausted. According to the article, this is because of glucose levels. "Making just one decision reduces the glucose—blood sugar—available for the next decision." Though no food is naturally high in glucose, you can buy it as a liquid or a tablet. And it

apparently works. The American Psychological Association published an article a few years back called "Food for thought: Glucose is good for learning and memory." It found that elderly people who drank lemonade sweetened with glucose just before a test had nearly *twice* the recall of those who drank lemonade with saccharin (aka Sweet'N Low).

Cramming for exams is bad. It's stressful and we don't remember the information in the long-term. Have you ever noticed that the closer you get to exam time, the harder it is to concentrate on learning the material? This is because cramming is stressful and when we are stressed, our brain's "hippocampus—where memory is stored—shrinks, reducing the production of neurons and affecting memory." So being stressed cramps our ability to create new memories. To counteract

stress, one scientist recommends "10 minutes of vigorous exercise to get oxygen to the brain."

If you sleep immediately after learning, "you can wake up with better insights into what you have just learned." To get the most benefit from sleep, you should sleep until you naturally wake up (ie. not use an alarm). This ensures that you complete all of your REM cycles, the sleep cycle where information from the day is moved into the brain's long-term storage.

So basically neuro-scientists have finally proven what my mother has been telling me for years: keep up your blood sugar, don't stress out, and get plenty of sleep.

Good advice all, regardless of the source.

Andrew Bolls
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UNT SHRM Dominates at 2008 HR Games

The University of North Texas Society for Human Resource Management sent three teams to the 5th Annual 2008 Texas State Council HR Games on March 1st in San Marcos, Texas. Students participating are preparing for their Professional in Human Resources Certification (PHR) by competing in a Jeopardy style tournament with other universities from around the state. These aspiring professionals are asked questions with topics that range from Training & Development to Management Theories, Health & Safety to “Things that begin with ‘wage’”, and from Labor Relations to Human Resource Development.

All three teams from UNT placed at the state games (1st, 3rd and 4th places) and are now advancing to the Southwest Central Regional Student Conference on March 28th and 29th, in San Antonio, Texas. The teams have put in countless hours of study and preparation time, and are excited to be able to represent UNT while competing against 10 other states in the region. Our 1st place team (Angie Braudaway, Joy Trotter and Kaytie Smith) won in the state finals by a landslide, knocking the previous years’ winners out of the lead position. Our only two person team (Laura Knowles and Andrea Downey) not only took home 3rd place, but also the “Collegiality” Award,

which is given to the team who positively represents their university and is an example for all teams by showing excellent sportsmanship. Our third team from UNT (Lisa Bohannon, Jenny Rosas and Tim Frias) took home 4th place, securing that every team from UNT will be advancing to the regional games. All our team members are diligently studying and ready to show their skills at the regional competition. **GOOD LUCK!!**
Lisa Bohannon
 Mentoring Coordinator & HR Games Participant

P.s. The team members would like to thank Dr. Cooper for attending the game with them!

We would like to take this opportunity to congratulate our HR Games Teams. Keep up the good work and good luck on the Regional's!

JOIN US TODAY!!!

We offer our members the opportunity to experience interesting presentations, meet and network with HR professionals, participate in the Mentoring Program, and develop their knowledge about recruitment, hiring, interviewing, etc.

COME to our meeting, VISIT our website and CONTACT one of our officers if you are interested!

2008 Spring Officer Board

- President—Alina Smith
 - Vice President—Andrew Bolts
 - VP of Programs—Angie Braudaway
 - Director of Mentor Programs— Lisa Bohannon
 - Director of Finance—Laura Knowles
 - Director of Online Maintenance—Scott Gray
 - Director of Marketing and Recruitment—Timea Bara
 - Director of Community Service—Andrea Avery
 - Director of Fundraising — Melissa Mousel
 - VP Events Coordinator—Nina Littlejohn
 - Job Shadowing Coordinator—Andrea Downey
- Advisors: Donna Ledgerwood, PhD, SPHR
 April Kuykendall

The HR Games Teams and Dr. Cooper

