Hello FIG Students!

We'd like to welcome you to your new FIG Better Living Through Research! Professor Hodges and I are so excited for this term and look forward to meeting and working with you. This FIG connects Mind and Society (PSY 202) and Exercise as Medicine (HPHY 101) with a College Connections course. Mind and Society is an introductory course which takes a research-based approach to developmental, personality, clinical, and social psychology. Exercise as Medicine serves as an introduction to human physiology with an emphasis on physical activity and health. As these courses progress, we will study a variety of connections between the two subjects.

Dr. Sara Hodges, our professor for Mind and Society and the College Connections course, is in the Psychology Department at the UO. She's one of the most approachable teachers that I've had the pleasure to work with. Her research focuses on empathy, perspective taking, and social comparison, topics I'm sure she'd be happy to discuss if you ask. My name is Amanda Lyche, and I grew up in Portland, Oregon. I was in this FIG last year, loved it, and am thrilled to be returning as your Residential FIG Assistant. I'm 18 years old, and this will be my second year at University of Oregon. My academic interests are all over the place: I am pre-med and am working towards a major in religious studies with a minor in dance. Professor Hodges and I have some pretty exciting plans for the term, and I'll be organizing various activities throughout the year.

We will be meeting as a group for the first time on Friday, September 21st at 10am in Columbia 150. Please remember to bring your Student Handbook along on this date, and try to get there early! This will be your chance to get to know where our classes for the FIG are located and to ask me any questions before we relocate to meet Professor Sara Hodges. Later that weekend, we will all attend the University Convocation together as a group. This is a mandatory event on Sunday, September 23rd, and we will let you know about the details as the time comes. For the summer, please look over the article Why Exercise Won't Make You Thin. We will discuss this on the first day of class, so please arrive having read it thoroughly.

You're welcome to contact me anytime at alyche@uoregon.edu. I'm here to be a resource for you, so don't hesitate to ask questions! I went through these classes and the new college experience just this past year, so it's all fresh in my memory. I'm excited to get to know you through this truly awesome FIG! Have a fun and relaxing remainder of your summer, and I'll see you in September!

Sincerely,

Amanda Lyche