

NEW YEAR'S GOALS FOR

Students

1. Write down your goals for college. Remind yourself why you are there.
2. What classes and activities have moved you toward those goals and why?
3. Make a list of future classes and activities you'd like to engage in.
4. What have you enjoyed most about college outside of class? How can you fit more of that into your schedule?
5. What habits do you need to work on to make the most of your college experience, i.e. get up earlier, cut coffee to 1 cup, schedule work-out time into your calendar.
6. If you are in your final year, make some tasklists that will push your job search ahead.
7. Think about your friend group. Who are your real cheerleaders and who can you encourage in the next semester?
8. Make a list of "challenge" items, i.e. speak up in class more often, attend your professor's office hours, sign up for a job interview.
9. If you've been short on funds for late night Uber Eats orders, make a checklist of campus jobs and apply for them.
10. Start a gratitude journal and see how your mindset changes.

