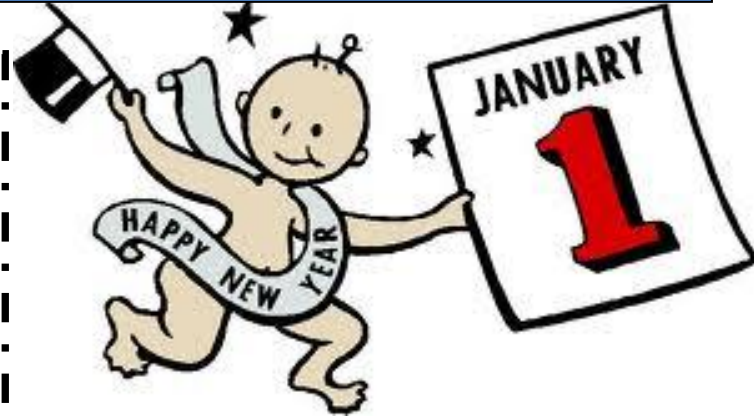


Trying to start the New Year off right?!

- ✧ “Diets are a fad; they come and go. Eat a variety of foods & use moderation. Exercise & sleep are also key to feeling good.
- ✧ If you have a goal, remember it is a *marathon, not a sprint.*
- ✧ Don’t stress if you make a slip up on a resolution; there is always tomorrow. Change is a **PROCESS.**
- ✧ Use your friends for guidance and as a support system to help you achieve your goal.



New Semester... New Start

- ✧ **STAY ORGANIZED**
 - Keep on top of deadlines so that they don’t creep up on you too quickly!
- ✧ **MAKE A PLAN**
 - Make a comprehensive to-do list
 - Prioritize assignments to help put some things aside & not get overwhelmed all at once
- ✧ **USE COLORS!**
 - Each class/club has it’s own color!
 - Using this system will make



What do you do when it snows...

- ✧ *How do you find out classes are cancelled?*
 - *Check your e-mail!*
 - *The university sends a global e-mail with details re: which services are still available on campus*
 - *Need to know whether or not to go to work/internships/clinical?*
 - *Check Cancellations.com for info*