



Fall 2024

November 4th

SUCCESS PATH



MANAGING STRESS

As we approach final stretch of the semester and the holidays coming up, it can often feel like assignments, tasks, and everyday life can pile up on us. It's important to manage our wellness and especially our stress with care during this busy season. In this newsletter, we will cover ways to help manage your stress, provide some insights from our Financial Empowerment and Major Exploration teams!

DESTRESSING AND AVOIDING BURNOUT

Our bodily responses from stress aren't always a bad thing, it might be our body preparing for the next big task ahead. It's the repetitive stress that can be harmful to our health, and become dysregulating. As you begin to feel stretched, here is a list exercises for regulating stress:

- **Take a walk outside and pay close attention to what you see.** Even a five minute walk can ease your mind and keep your mood up throughout the day.
- **Place a hand over your chest, and another over your stomach as you breath slowly.** Drawing attention to your ventral-vagal system can powerful be a way to re-regulate.
- **5-4-3-2-1.** In order, take a moment to notice 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Focus on each sense for at least 20 seconds, slowly becoming more mindful.

Hopefully using one, or all, of these exercises can help you feel equipped to tackle your stress. Don't forget: You got this!



Ryland Arnold,
Editor

MAJOR RESULTS FROM MINOR CHOICES

It's time to sign up for next semester's classes, and you will start selecting courses to fulfill your degree requirements. However, major-specific courses don't always fill an entire schedule, so you have the option to choose a variety of courses for your electives. Instead of selecting a random set of electives, why not make your electives work for you by choosing a minor?

Minors offer many benefits, such as enhancing your resume, expanding your skill set for a future career, and allowing you to explore interests outside of your major. Some minors even provide certifications.

If you're interested in learning more about the different minors the University of Arkansas offers, schedule an appointment with a Major Exploration Coach today by searching for "Major Exploration" in the My Success Network tab in Starfish.



Taylor Whillock

COLLEGE DISCOUNTS

As a college student, you're a VIP for snagging excellent discounts! For just \$4.99 a month, you can enjoy Spotify Premium, Hulu, and Showtime all in one sweet student bundle, and Adobe Creative Cloud hooks you up with up to 60% off their design tools so you can unleash your creativity.

Need faster shipping or binge-watch material? Amazon Prime Student has you covered with a 6-month free trial then a 50% discount afterward.

Apple Music offers a student deal at just \$5 a month.

Hungry? Taco Bell, Chipotle, and other student favorites often throw in perks like free drinks or discounts with your meal.

Don't forget to check out local businesses; many love giving college students extra deals too!



Emerson Cochran



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Student Success