



NEW YEAR, NEW YOU!

Season's greetings! As we near the end of the year and get ready to move into a brand new semester, there may be some new habits we wish to pick up for a fresh start in the spring! Check out some tips for ways you can improve your study habits, manage coursework, and more in the new year! We will also provide insights from our Financial Empowerment and Major Exploration teams!



NEW YEAR'S RESOLUTIONS

With a new semester coming up, new habits should be picked up to help you stay on top of your courses! Here are a few tips and tricks for studying and avoiding procrastination in the new year:

- **Make a To-Do list:** Having a tangible list of tasks to complete can help you keep yourself organized and on top of your assignments.
- **Set goals:** Setting an achievable goal is step one!
- **Set deadlines:** This can help you plan and ensure tasks are completed on time.
- **Break tasks into smaller steps:** This reduces overwhelm and can help make assignments feel less daunting to get started.
- **Reward yourself:** After completing an assignment or study session on time, find a way to reward yourself to reinforce that behavior!

Above all else, give yourself time to relax and recharge over the winter holidays so you can come back feeling rested and ready to go in January! Happy holidays!



Mads Spencer,
Editor

IT'S THE THOUGHT THAT COUNTS

The holiday season is a time for introspection, a moment when we reflect on what we value in ourselves, in others, and in life. Similarly, when choosing a major, it's important to consider what truly matters to you and select a path that aligns with your values and long-term goals.

When thinking about your major or career, ask yourself: how and where will you spend most of your time? Does that align with your personal values? For example, do you want a career with a predictable routine and face-to-face interactions with clients, or do you prefer one that allows frequent travel and creativity? As you sit down to make your decision, consider the who, what, where, when, and why of the career options that interest you.

If you need help choosing a major that aligns with your values, a Major Exploration Coach can guide you through this reflection process. Click the link below to schedule an appointment today:

<https://uark.starfishsolutions.com/starfish-ops/dl/instructor/serviceCatalog.html?bookmark=service/4937614/schedule>



Taylor Whillock

SMART FINANCIAL MOVES TO MAKE OVER WINTER BREAK

Winter break is a great time to prepare for financial success next semester. Here are some tips to get you started:

- **Earn Extra Income:** Use your free time to make some cash. Seasonal jobs, shoveling snow, or working for a previous employer can help you save some money for the coming semester.
- **Apply for Summer Internships:** Many summer internship applications are open now. This is a way to earn money while enhancing your resume with valuable career experience!
- **Review Your Budget:** Reflect on your spending this semester. Overspent on takeout? Plan to cook more or use your meal plan. Planning now can save money in the long run.
- **Set Aside an Emergency Fund:** Having a financial cushion is crucial. Aim to save at least a few hundred dollars for unexpected emergencies.



Emerson Cochran

