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## De-stress for Success!

**See stress as your friend:** Stress is often thought of as negative but it can also be positive. Stress can help you complete projects and get work done in a timely manner. Differentiate between stress that works for you and stress that doesn't.

**Focus on what you can control, not what you can't control:** Alter what you can control, accept what you can not control; have the wisdom to know the difference.

**Accept and meet physical and psychological needs for exercise, rest, good nutrition, and recreation:** Practice self-care techniques and attempt to nurture and nourish your body as well as your mind.

**Develop good, warm, supportive relationships:** A sense that one is not alone helps deal with stress. It is important not to keep your feelings in. Do not use a time of severe stress to isolate yourself.

**Humor and laughter help:** No matter how stressful things can be, do not forget to laugh or use your sense of humor; it can help get you through!

**Seek professional help:** All too often, people feel it is a sign of weakness to seek counseling when they are over-stressed. However, it actually shows strength and courage to realize that help is needed. Getting help on dealing with uncertainty can make a time of change and stress a very positive experience.



The reason most people never reach their goals is that they don't define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them.

**Denis Watley**

If you have a goal in life that takes a lot of energy, that requires a lot of work, that incurs a great deal of interest and that is a challenge to you, you will always look forward to waking up to see what the new day brings.

**Susan Polis Schultz**

The person who will not execute his resolutions when they are fresh upon them can have no hope for them there afterwards; they will be dissipated, lost and perish in the hurry and scurry of the world, or sunk in the slough of indolence.

**Marie Edgeworth**

*Pursue Life!*

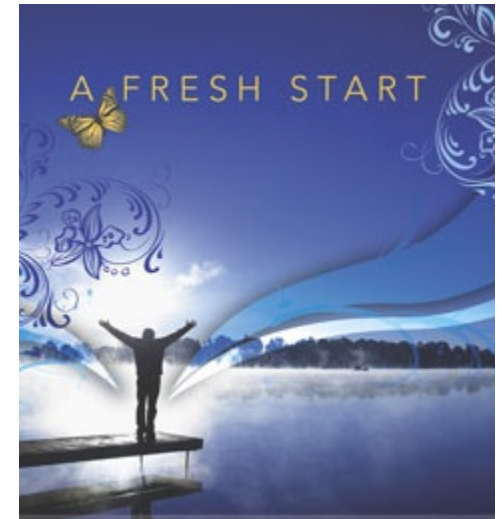
Aquinas College  
Career and Counseling Center  
1607 Robinson Road, S.E.  
Grand Rapids, MI. 49506-1799  
(616) 632-2905



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## Welcome Back AQ students!

Your guide to a fresh start and a happy and healthy year starts here!



Brought to you by  
Aquinas College's Career  
and Counseling Center:

(616) 632-2905

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# New Years Resolution Ideas For College Students

- 1.) Get an extra hour of sleep each night
- 2.) Spend 10 minutes each evening straightening up your room
- 3.) Keep up with the news
- 4.) Spend a little less time watching TV
- 5.) Spend a little less time on myspace and/or facebook
- 6.) Cutting down on drinking
- 7.) Call home more often
- 8.) Do your laundry before it piles up on the floor
- 9.) Avoid drama and be kind to your friends
- 10.) Recycle
- 11.) Attend class more often
- 12.) Volunteer more
- 13.) Eat breakfast everyday
- 14.) If you're religious, spend more time observing
- 15.) Stop comparing yourself to other students who you think are smarter and/or more attractive than you
- 16.) Volunteer more
- 17.) Refuse to get involved in relationships that are not good for you
- 18.) Cut your "fun" spending money by 25%
- 19.) Floss everyday
- 20.) Spend at least 20 minutes a day, 3 days a week engaged in physical activity.



## Tips on how to achieve your resolutions:

- ⇒ **Give your resolutions some serious thought:** Convince yourself that you really mean business by taking the time to write down and think about your resolutions. Outline why you want to change your behavior, how you will determine if you are successful, what strategies it might take to get there, and a realistic timeline to achieve.
- ⇒ **Be specific about your resolutions:** For example, "getting healthy" is too broad. You have to identify what getting healthy means to you (i.e., lowering blood pressure, lowering cholesterol). The more specific you are the easier it will be to determine your success.
- ⇒ **Reduce the number of items on your list:** Once you outline your list; go over them and prioritize what ones are the most important.
- ⇒ **Tell someone:** By notifying someone of your plans you feel that you are being held accountable to your word.
- ⇒ **Visualize what achieving the goal will mean for you:** Ask yourself: What will this achievement feel like? How will my life unfold differently as a result?
- ⇒ **Don't beat yourself up:** Obsessing over a "slip" will not help you achieve your goal.



## Quick New Year's Resolutions Facts from About.com:

- \* 63% of people say they are keeping their resolutions after 2 months.
- \* 67% of people make 3 or more resolutions

### Top 4 resolutions:

- 1.) Increase exercise
- 2.) Be more conscientious about work and/or school
- 3.) Develop better eating habits
- 4.) Stop smoking, drinking, or using drugs (including caffeine)

## Back to school study tips

Welcome back to school! Not much has changed since elementary school. The first days of classes are spent checking out the other students in the class and finding out the exciting things you are going to learn. However, one of the best things about college is that when a new semester begins, you get to start from scratch. If you did not get the grades you wanted last semester, you can promise yourself that this time will be different. Here are some tips that may help you make this a successful semester:

**1.) Use time management skills:** Get a planner and write down when all major assignments and projects will be due. This will help you determine how to distribute your workload and will probably save you from a last minute frantic rush to get your work done.

**2.) Resist the urge to slack off the first couple weeks:** If you fall behind now, you'll have to make up the work when you are busier. Instead, try to stay ahead.

**3.) Come to the first day of class and read the syllabus:** This will help you get a feel for how the class is going to be.

**4.) Make sure you have everything you need for the class:** This includes supplies, books, course packets, etc. If you have to print out a lot of on-line material, get it all printed off now.

**5.) Get off to a good start with good attendance, participation, and homework:** The material that you learn at the beginning of the semester is probably necessary for understanding the information later in the semester.

**6.) Be disciplined and punctual:** Keep your appointments and assignments. Be on time. Don't skip class. Do your homework. Study ahead for tests.

**7.) Deserve your college success:** While you can't control all the external factors, you can at least set yourself on the road to success