



*The* UNIVERSITY of  
WEST ALABAMA

## Hit the Ground Running in 2019

New year, new you, right? January is always a good time to reflect on the previous year, take stock, get organized, and set goals for the coming year. And as a student, you have a big advantage over most people: You literally have a fresh start with a new semester, new classes, new professors, and maybe even a new roommate.

By reflecting on what you accomplished in 2018 – and on the goals that were just out of your reach – you can start this year with a fresh perspective and renewed enthusiasm. Here are a few tips to get your 2019 off on the right foot:

- **Renew your focus.** What are your goals for 2019? Do you want to improve your grade point average? Become more active in organizations on campus? Beat your personal best in the 10K? No matter what you're striving for, start the year focused on the things that will help you achieve them. That means making time for more studying,
- **Get yourself – and your room – organized.** There's nothing like a clean slate for a fresh start. Weed out all the unnecessary things you've collected from last semester (term paper notes, anyone?), then tidy up what you have left. Having everything in its place makes it easier to get started each day, and staying that way creates a sense of calm that lowers your stress level and helps you focus.
- **Play to your strengths.** By now, you probably know yourself well enough to know if you do your best writing in the morning or your best critical thinking late at night. Maybe you concentrate best right after a workout, or you know you can't even think without a full tummy. With that information in mind, build a schedule that suits *you*. Make time for a quick run before study group, make sure you have snacks on hand before you start your assignments, or get up early to edit a paper. By playing to your strengths, you can make the most of your time and get your best results.



- **Make your health a priority.** It's no surprise that your brain works better when your body is well-fed, well-rested, and physically fit. Those same things also help you sleep better, think better, and generally feel better. Best of all, these simple habit changes will help you to feel less stressed and can even make you less likely to get sick. After all, not missing class is always a good thing.

As the saying goes, start the way you mean to finish. Start 2019 with your goals identified and a plan to achieve them. Start with a well-organized living space, right down to your study area. Start with a renewed feeling of enthusiasm, well-focused and energized to get the most out of this coming semester and the entire year. The effort you put in during the next few months will be reflected in your final grades, your overall GPA, and a positive outlook toward the entire year.