



STALL STREET JOURNAL

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[A WEEKLY DOSE OF KNOWLEDGE]

Volume 8, Issue 5, Week 4

A Clean (and Organized) Slate



The beginning of a new semester is an opportunity to form better habits and create a stronger foundation for success. Take advantage of your fresh start by getting organized!

Not sure where to begin? Check out these four tips:

1. Create a binder or accordion file for each class. It should include the class syllabus, paper for note taking, and an area to compile important documents or readings.

2. Highlight due dates in each syllabus. Use a different color for assignments, papers, exams, and readings.

3. Write all academic classes, requirements, and deadlines into a calendar. Remember to include additional responsibilities, such as activities, work, and familial obligations. Be sure to schedule time for yourself too!

4. Produce a monthly calendar to see what weeks require more study time. Form daily or weekly to-do lists to break down the monthly deadlines into more manageable pieces.

IN THIS MONTH'S ISSUE OF *STUDENT HEALTH 101*:

13 Apps for a Healthy 2013

Technology You Can Use to Further Your Wellness.



READ *STUDENT HEALTH 101* TODAY:

<http://readsh101.com/wlu.html>

Student Health Center

540-458-8401

Lower level Davis Residence Hall

Counseling Services

540-458-8590

Early-Fielding

Office of Health Promotion

540-458-4501

Elrod Commons, Room 250

Campus Recreation

Warner Center 416

540-458-8244