NEW BEGINNINGS
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As this semester draws to a close, take time to reflect on how you’ve grown and the goals you set for the year. What have you accomplished? How have you changed?

Look ahead, think about what opportunities this semester might hold. Get the most out of this time by setting goals related to your health and wellness, relationships, professional pursuits and other important areas of your life.

SILVER LININGS

Optimism is key. Finding perspectives and choosing to see the positive side of things can make a big difference in your outlook.

THANKS TO EVERYONE FOR MAKING COLLEGE A GREAT EXPERIENCE.

Questions or concerns? Contact the student life office at 543-1234.

CHOOSE YOUR ADVENTURE

It’s time to choose your path. The summer is a great opportunity to explore new interests and make decisions about your future.

Reach Out and Recharge: Take a break from work and study by engaging in fun activities or relaxing.

Explore New Interests: Think about how you can enrich your life by trying new things.

STRESS MANAGEMENT

Finding a balance between academics, social and family life can help you reduce stress.

STAYING CONNECTED

It’s easy to get caught up in the busyness of life. Make time for the people and places that matter to you.

HOO KNEW?

91% of UVA undergraduates are aware of their future.

8 out of 10 UVA students believe it is always possible to change when changes occur.

REFLECT & CONNECT

Summer is a great time to reflect on accomplishments, challenges and what you want to focus on next year. Make plans to make the most of your time away and to come back refreshed for the fall.

How am I taking care of myself physically and emotionally?

What will I do during the summer?

What is something I want to do differently?

How will I strengthen my relationships this summer?