

REFLECTION

Taking time to reflect helps you learn and grow. You have the ability to make changes to make the most out of your time at UVA.

Contemplation

Take some time to think over the last semester to find what you enjoyed and what you did not. Try these questions to lead your thinking:

- How can I work to achieve what I was unable to accomplish last semester, this semester?
- Do I feel that I used my time in a way that aligns with my values?
- Are my classes leading me to a major I am interested in?
- Are my extracurricular activities related to my interests and passions?
- Have I formed relationships that positively contribute to my wellbeing? Are there ones I should invest differently in?

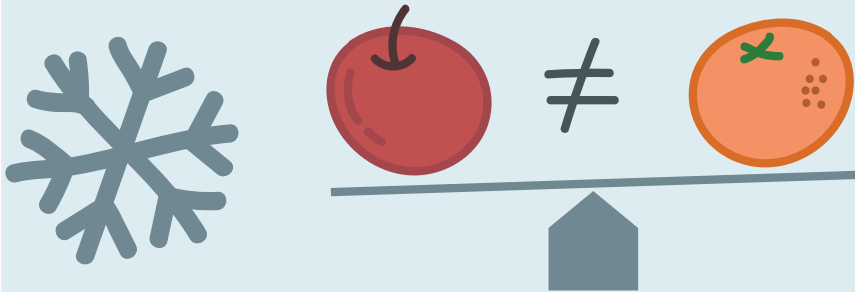


HOO? KNEW?

9 out of 10 UVA students talk to friends, family, or others for support to feel better.*

Comparison

Avoid comparing yourself to others. **Everyone comes from different circumstances and are on different paths.** There is no timeline that you have to follow!



#NothingCompares

#NothingCompares is a campaign to generate awareness of the negative effects of social comparison and infuse more encouragement into newsfeeds across the globe because **no one suffers from too much encouragement.**

Be part of the movement & take the #NothingCompares challenge by encouraging a friend and reminding them that nothing compares to them. **Post on their feed an encouraging reminder that #NothingCompares to them.**

Resources

Ulink Peer Advisors

A student organization that offers student peer advising to first year students.

Check them out at peeradvising.virginia.edu

Madison House

Check out programs that are recruiting new volunteers for the semester to get involved in the Charlottesville community!

madisonhouse.org

* From the February 2017 Health Survey with responses from 1,010 UVA students.

Want this poster for your room?

Feel free to take me home February 10th-14th. Please be kind to our frames!

Talk to us at StallSeatJournal@virginia.edu

Follow us on Instagram @ [stallseatjournal_uva!](https://www.instagram.com/stallseatjournal_uva/)

There is always time to re-center and go down a different path. If you find you are not on the one that fits your values, **find or create one that more closely aligns with what you want to do.** Reach out to a friend, family member, or mentor you trust can help to talk through your past semester and what you are hoping for in the new one.

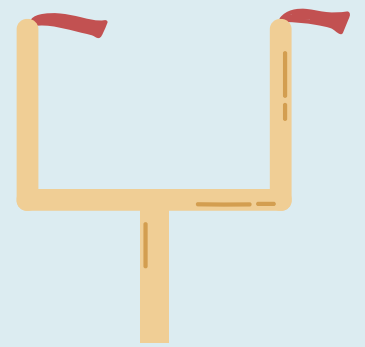


Goals



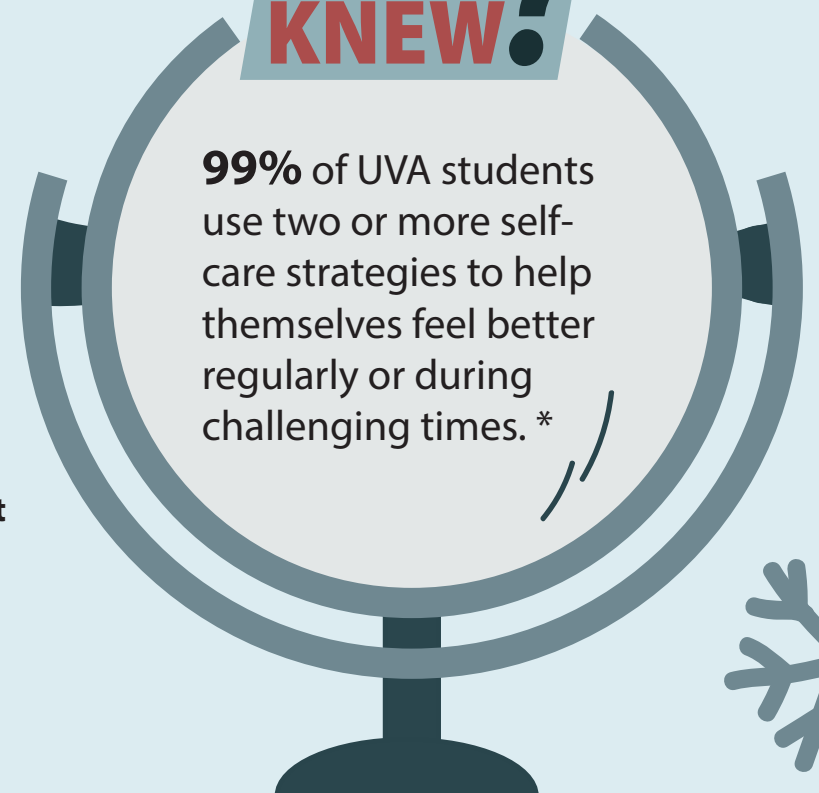
Taking the time to outline a few obtainable goals for the semester is a great way to prioritize your time in a meaningful way. Some goals might include:

- Spend more time outside when the weather warms up
- Join a new club that fits or expands your interests
- Develop a sleep and work routine that works for you
- Go to office hours to foster a relationship with a mentor you trust



HOO? KNEW?

99% of UVA students use two or more self-care strategies to help themselves feel better regularly or during challenging times.*



Not everything always goes to plan or meets your expectations, but this **gives you the opportunity to learn and grow. It is part of the process!** If something doesn't go the way you anticipate, try and see it as a way to **learn about your values and ambitions.**

Office of Health Promotion
Department of Student Health & Wellness
University of Virginia

Edited by Camryn Garrett, Class of 2020
Designed by Elizabeth Lee, Class of 2021