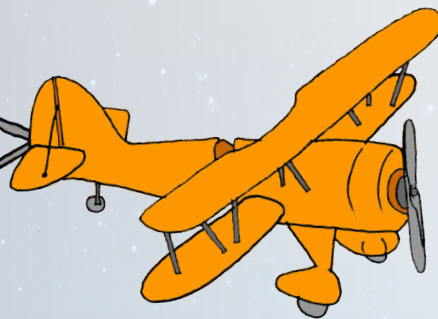


# Stall Seat Journal

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Office of Health Promotion  
Department of Student Health  
University of Virginia  
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Summer, without the pressure of classes, is a great time to set new goals and to practice some of the habits or routines you hope to maintain in the fall, such as taking time for meals, getting enough sleep, and exercising regularly.

## Goal Setting 101

**Set achievable goals.**

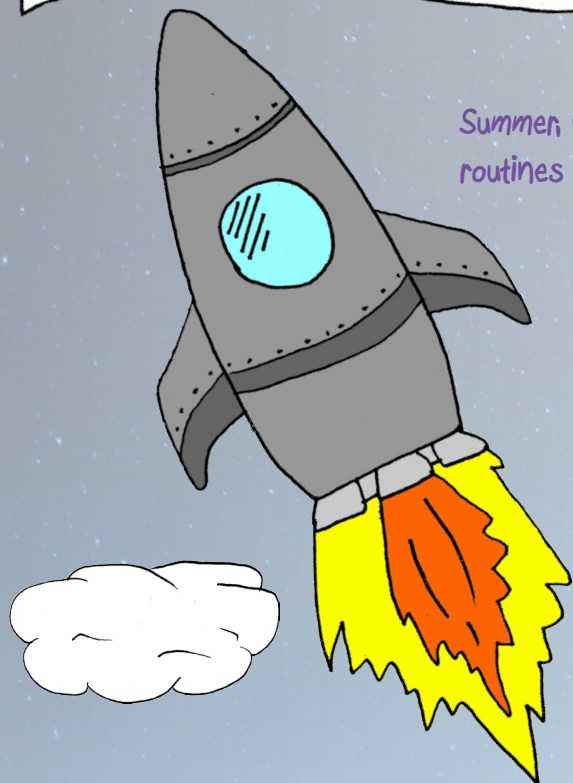
Create one or a few goals that you can achieve within one year and break them into small, manageable steps you can accomplish along the way. Focus on the issues that are most important to you.

**Find alternatives to habits you want to change.**

For example, replace soda with water or replace smoking with chewing gum. Changing the focus of attention in this way is easier than relying solely on willpower.

**Keep your goals in mind.**

Tell other people about your goal and ask for their support. Posting your goal somewhere in your room can remind and inspire you. Write short-term goals on your calendar to track progress and help you focus on the gains. Remember to celebrate each success!



## Planning for Summer and Fall

Consider visiting the Career Center for help evaluating all sorts of options that complement your interests and goals. They can help with things like:

- Choosing a major and connecting it to careers
- Landing a cool summer internship (and finding funding for an unpaid internship)
- Connecting your summer job or internship to future opportunities
- Connecting with career communities to explore possible career paths
- Finding meaningful work on Grounds
- Creating a resume and writing cover letters
- Brainstorming where to start if these ideas sound overwhelming

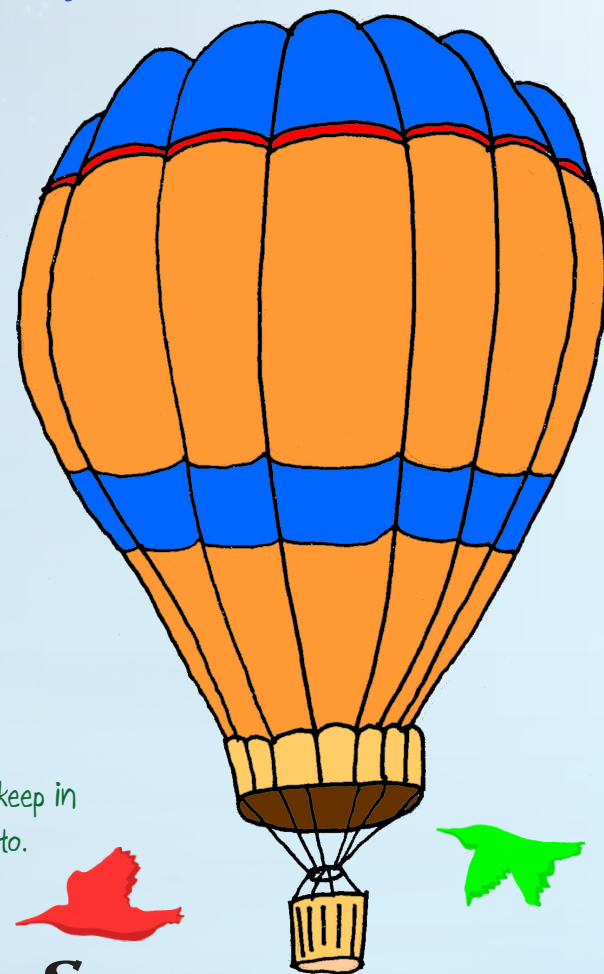
Career Center: (434) 924-8900

Call to make an appointment with a Career Counselor or Peer Educator, or visit office hours in the NEW satellite space in Newcomb 170.

Summer and fall can bring new levels of independence and changes to routines from first year. Wherever you'll be, keep in close contact with the family and friends who support you the best and check in on the friends you no longer run into.

**HOO  
KNEW?**

88.68% of UVa students who drink use a designated driver or make plans to get home safely.\*



**HOO  
KNEW?**

88.76% of UVa students believe exploring a variety of life paths helps them thrive.\*

## Stay Safe This Season

### Reduce Risk if Drinking

Using more than one protective behavior helps reduce risk further.

- Eat before and while drinking
- Stay in a group (aka the buddy system) and be alert in new environments
- Pace your drinks to one or fewer per hour and alternate with non-alcoholic beverages
- Make your own drinks
- Avoid mixing alcohol with other drugs
- Avoid or limit drinking when sick or tired

### Enjoy the Foxfield Races Safely

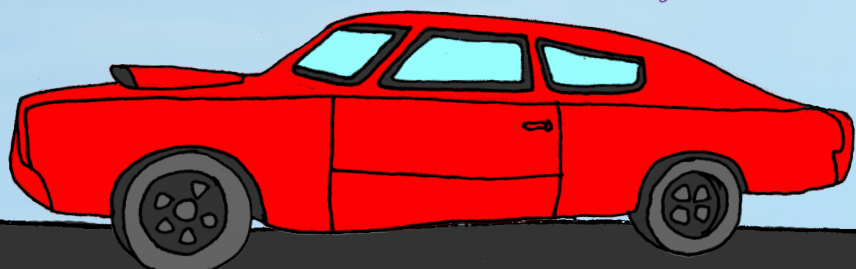
The Foxfield Races offer the chance to dress in the finest spring clothes and watch Charlottesville's own steeplechase horse races. Come out to ADAPT's Foxfield Safety Education Program. [virginia.edu/adapt](http://virginia.edu/adapt)

- Sessions Wednesday, April 27 at 6:00 and 7:30 pm in Newcomb Ballroom
- Brief presentations and Q+A with ADAPT, Albemarle County Police, and Foxfield Racing Association Reps — plus door prizes

Do your summer plans include traveling to another country? Make an appointment with the Student Health Travel Clinic for immunizations and prescriptions for your trip. Learn more at the Student Health website.

Feeling stressed about what the summer will hold? There are people to help you with that:

- Counseling and Psychological Services (CAPS): Call to see how they can best support you. (434) 243-5150
- Madison House HELP Line: No issue is too big or too small. They're here to listen. (434) 295-TALK



\* From the Spring 2015 Health Survey with responses from 931 UVa students