**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!

**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.*

**#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!

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