GETTING INTO THE SWING OF SPRING

Happy spring semester! Be proud of yourself for navigating through unexpected challenges. As we kick off this spring, set yourself up for success by reflecting on last semester: what worked well? Where do you see opportunities for growth? Feel confident in your ability to overcome obstacles and be resilient.

Re-Zooming this Spring

- Plan time for self-care and socializing
- Get out of bed, get dressed and get moving!

Get into a Routine

- Look ahead to be aware of important dates
- Plan in advance to help manage your workload and reduce stress

Keep on Track

- Professors and TAs want to hear from you! Email them or go to office hours
- Make study groups or group chats with classmates

Connect in Class

- Schedule personal or screen-free time
- Use weekends to rest, connect and reenergize
- Plan a fun activity on university break days

Maintain a Healthy Balance

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Maintain a Healthy Balance

We’ll post a new digital SSJ issue every other week! We offer strategies and resources on topics including community engagement, sleep, well-being, substance use, healthy relationships and more! To see new issues,

- Visit our website to subscribe to our listserv, and to view the latest and past issues: sites.google.com/view/uvastallseatjournal
- Follow us on Instagram @stallseatjournal_uva
- Look for us in the Connections newsletter

Who Knew About HooKnews?

Sometimes people underestimate healthy behaviors among their peers. We provide “HooKnew?” data to highlight students’ behaviors, correct misperceptions and encourage informed decisions.

“HooKnew?” data comes from anonymous surveys of UVA students. Each survey sample reflects the academic year, ethnicity, and sex distributions of the UVA student body.

For questions, talk to us at StallSeatJournal@virginia.edu

Reminder

You belong here and are integral in making UVA a supportive and inclusive community. Connect with others by exploring new interests and joining organizations. Visit @UVA for ideas: atuva.student.virginia.edu/organizations

Who Knew About HooKnews?

80% of UVA undergraduates agree that health and well-being are a priority at UVA.*

*From the February 2020 NCHA with responses from 904 UVA undergraduates.

93% of UVA undergraduates are optimistic about their future.*

Having a positive mindset can help make challenges feel more manageable.

Suggestions to foster a positive outlook:
- Find or plan things you can look forward to
- Make time for fun
- Affirm your strengths and abilities
- Practice gratitude by focusing on what’s going right rather than wrong

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